

Employee Assistance Program

Each of us experiences demands for our time and energy, both on and off the job. The key to balancing it all is having access to the right tools, resources, and support. Your EAP is Personal Assistance Services (PAS) free of charge to you. This benefit is paid by your employer. Having PAS is like having your own personal concierge service. PAS provides you with a wealth of confidential, professional services that can help you address challenges and strengthen your work and home life.

Plan Features:

This plan provides telephonic coaching, consultation, and life management services to help you achieve goals and thrive in life. PAS's coach staff includes licensed/certified professionals: dietitians, health educators, child and elder care managers, professional organizers, attorneys, financial planners, educators, career counsloors and more.

Lifestyle and Wellness:

- Weight and nutrition
- Personal Health
- Tobacco cessation
- Fitness
- Sleep
- Life and well-being

Legal

- Legal information
- Online will prep
- Legal forms

Consultation and Resourcing

- Child care
- Education planning
- Elder care coordination
- Care diary
- Financial stress helpline

Financial

- Identity theft
- Money management and finance
- Foreclosure and bankruptcy prevention
- Financial planning and information
- Asset protection

Family Care

- Parenting
- Household organization
- Elder caregiving
- Child development and education

Who is covered under the EAP?

You and your eligible dependents are covered.

What should I expect when I use EAP services?

A PAS counselor will talk with you about your personal situation, answer any questions you have about your EAP benefit and personally arrange services for you. In-person counseling, life and well-being coaching, plus a wide variety of professional services are available. We serve by personally connecting you with experts that can help you improve your life.

What should I expect when I meet with an EAP consultant in-person or by phone?

Our experts help you to sort out the areas of your life that you would like to improve and then guide you through the process of establishing and following a personal action plan. Our professionals are caring, understanding, and an excellent resource to help you achieve your goals.

If I use the EAP, will it be confidential?

Yes! The EAP is confidential. PAS does not provide access to EAP records to your employer nor will PAS disclose any information to anyone about your participation in EAP services unless you give your specific, written consent to do so (except as required by law).

How can I use my EAP services?

Call (800) 356-0845 or visit www.paseap.com