

EMPLOYEE SUPPORT PROGRAM

*Achieving balance through
total wellbeing and support*

STAFFED BY PROFESSIONALS

The service is staffed by a team of highly trained and qualified professionals who are experts in fields such as wellbeing, family matters, relationships, debt management, employment issues, consumer rights, and much more. You can be confident that the information you receive is accurate, up-to-date, and relevant to your particular circumstances.

HOW TO ACCESS:

Within the Modern Health app, you can either 1) Call the 24/7 Counselor Phone Line accessible via Settings or 2) select "Explore your Benefits" from the Modern Health home page and view the services most relevant to you

Or navigate directly to modernhealth.helpwhereyouare.com and enter your company name to browse work life services.



Workplace Options is an EAP service that partners with Modern Health and is available to you as part of your [MODERN HEALTH](#) benefit.



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.

CHILD CARE

- Choosing Child Care
- Summer/Holiday Care
- Special Needs Child Care
- Community Resources

ADULT CARE

- Care for Older Adults
- Special Needs Adult Care
- Medicare and Medicaid
- Caregiver Support

PARENTING

- Adoption
- Pregnancy and Infertility
- Talking to Teenagers

EDUCATION

- K-12
- Colleges and Universities
- Financing
- GED/Vocational
- Tutors and Test Prep

DAILY LIVING

- Travel and Recreation
- Dining and Entertainment
- Consumer Issues
- Pet Care
- Community Resources
- Legal and Financial Issues
- Health and Wellness

CAREER

- Skill Building and Career Training
- Stress Management
- Co-Worker Relationships
- Transition and Relocation

Your employer recognizes the challenges of balancing work with the circumstances of everyday life. That's why you and your family have access to assistance provided by your employee support program. When you call the toll-free number, a qualified Consultant will respond to your request thoroughly and promptly. And when you log on to the Employee Support Website, you'll find an abundance of useful resources, articles, links and interactive tools.

SERVICE OVERVIEW

- A complementary component to other employee benefits
- Provides professional consultation and referral to assist with a wide spectrum of work, family, and personal issues
- Accessed by phone, e-mail, instant message, or website
- Available anytime, any day
- Always confidential
- No cost to you or your family to use the service.
- No limit to the number of issues for which you may use the service

SPECIAL FEATURES AND BENEFITS

In addition to the live support from professional Consultants, the following special features are available for your benefit:

- **LiveConnect**, a feature that allows you to instant message a Consultant
- **Savings Center**, where you can shop name-brands at discounts of up to 25%
- Financial and Daily Living Calculators, for a variety of practical applications
- **LifeLines**, a quarterly newsletter with information on topics for your daily life

