

Information Resources:

One of your most important EAP benefits

To access this benefit, you can call the EAP or log on to the website, www.theEAP.com, for thousands of articles, videos and tools to help you resolve personal problems. Find information on thousands of topics including:

- Adoption
- Financial Planning
- Consumer Action
- Mental Health
- Will Templates
- Divorce
- Home Ownership
- Lemon Laws
- Elder Law
- Loss and Grief
- Stress
- Child Care
- Family Violence
- Work-Life Balance



TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to www.theEAP.com
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that information in the appropriate boxes. **If you have not registered, complete steps 4 - 7.**
4. Click on REGISTER HERE
5. Enter your employer's name and click Continue
6. Your employer's name will appear; select the button and click Continue
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**

You'll find an entire library of problem-solving resources, including assessments, trainings, videos, tools and calculators such as: 2,000+ Harvard Medical School articles • Thousands of legal articles • 800,000 child/elder care providers • Personal growth programs • Mental and physical health assessments • Financial tools and calculators • Career development information • 900 health videos • Plus, important new resources that include:

Caregiver Center - a vast array of tools and resources designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

Tools for Tough Times - a tool-kit to help you cope with today's tough financial pressures and to provide money saving resources to help you do more with less.

ESI Wellness Center - articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and overall physical fitness.

Pet Resource Benefit - links, tools, articles, resources and a Pet Blog to help you care for those other members of your household: your beloved pets!

More benefits than any other EAP.

www.theEAP.com • 1-800-252-4555