



LIFESTYLE EAP
Wellness at Work

Lifestyle EAP is focused on service as we face the challenges impacting us as a result of COVID-19

Lifestyle EAP services are operational as we continue to serve employees and their family members












Face-to-face counseling sessions are still available to provide a confidential assessment, short-term solution focused counseling and referral. **We've increased the number of providers able to provide virtual visits and telephonic counseling as an alternative for employees who prefer to remain home.**

We've set **guidelines for face-to-face visits and screen each caller - below is an abbreviated version of the questions:**

- *Have you recently traveled by air?*
- *Have you had contact, to your knowledge, with someone who has been diagnosed with COVID-19?*
- *Do you have any current symptoms of respiratory illness or cold/flu like symptoms?*

The uncertainty of these times impact mental health. **Lifestyle EAP is available 24 hours/day by calling 800-989-3277** with access to in-the-moment support by master's level clinicians.

Lifestyle EAP offers:

-  24/7/365 telephonic support from licensed mental health professionals
-  Solution-focused counseling
-  Management tools and consultations
-  Eldercare resources and referrals
-  Childcare resources and referrals
-  Identity Theft Recovery and Prevention
-  Legal consultations
-  Financial consultations
-  Interactive website
-  Critical Incident Stress Management
-  Wellness Seminars

Call Lifestyle EAP at 800.989.3277 or visit www.lifestyleeap.com