

# ease@work

Employee Assistance Program  
Work Life  
Wellness



# EAP Benefit

- Free
- Confidential
- Employee, Spouse/Domestic partner/Dependent children
- Services to help you balance work, family, and personal life





# EAP Services

**Short term counseling** – In-person or virtual sessions

We are here to help:

- Grief
- Stress
- Anxiety
- Depression
- Children's Issues
- Relationship Issues

And more.



# Family and Dependent Care Services



## Elder Care Consultation:

- Unlimited telephonic consultation
- Caregiver support
- Resources for elders



## Child Care /school-aged Consultation:

- Unlimited telephonic consultation
- Childcare, back-up care, sick childcare resources
- Special needs
- Resources for educational & developmental stages

# Work / Life Services



## Legal Consultation:

- 30 minute consultation on the phone or in person
- 25% discount if network attorney is retained
- Nearly 100 do-it-yourself legal forms
- Library of hundreds of legal articles & tip sheets



## Financial Consultation:

- Telephonic consultation
- Budgeting
- Debt management
- Investment education
- Access to online financial tools

# Wellness Services

## Smoking Cessation

3 in-person sessions with an addiction specialist or coach



**Your coach or counselor will help you:**

- Assess your readiness to quit
- Identify barriers to quitting
- Develop healthy substitutes to your habits
- Provide you with support



# Wellness Services

## Nutrition Coaching

3 In-person or Virtual sessions with a Nutrition Coach

### Your Nutrition Coach can help you:

- Choose healthy foods to fight off disease
- Weight Management
- Manage dietary disease
- Make educated choices by reading understanding nutrition labels



# Wellness Services

## Fitness Coaching

3 In-person or Virtual sessions with a Fitness Coach



### A Fitness Coach can help:

- Gauge your fitness level
- Assess readiness to begin an exercise program
- Set personal, realistic goals
- Offer tools to track progress





*Free*

*Confidential*

Call us or Log on today!

800-521-3273

[www.easeatwork.com](http://www.easeatwork.com)

Username: **CWRU**

Password: **EASE**



*Strengthening**Talent**<sup>™</sup>*

# Work Life Website

[www.easeatwork.com](http://www.easeatwork.com)



SERVICES

PARTNER WITH US

WHY US

MEMBER LOGIN

## Improving Performance Strengthening Talent

LEARN MORE

## Responding to unexpected workplace trauma

LEARN MORE



### A FULL-SERVICE SOLUTION-BASED EAP

ENGAGE EMPLOYEES



SUPPORT MANAGERS



WELLNESS



STRATEGIC PARTNERS

