



We Are Here to Help in the New Year

The EAP offers confidential advice, support, and practical solutions to real-life issues. Every month, you can find educational information on timely topics. For the new year, we have resources on nutrition, poverty, and more.

You can also find easy access to work-life resources, therapy, and more. EAP benefits is available to all employees and their families at NO COST to you. Access your confidential services by calling 1-800-395-1616 or visit the [Member Portal](#).



Nutrition Blog



Poverty Blog