

ONLINE WORK/LIFE, HEALTH AND WELLNESS RESOURCES

Employees and their families are able to access unlimited self-help tools on work/life and health and wellness resources online. To access these resources, visit www.4eap.com. You will be asked for a log in and password. This information can be requested by emailing info@ieap.com or by calling 800-324-4327. **Work/Life, Health and Wellness Resources** offer the following features:



Work/Life Resources

By completing an online form, a search will be done for you by a Work/Life specialist who will do a search based on the information provided by you and email you the results. Resources are available for:

- **Child Care** - Family day care homes, infant centers, preschools, before/after school care, summer camps, sick childcare, emergency care
- **Elder Care** - Companion programs, transportation services, home health services, nutrition services, nursing care and adult care
- **School/College Assistance** - Options for continuing education, advanced training, management development
- **Adoption Assistance** - Public, private and international adoption agencies, attorney and support organizations and more
- **Pet Care Service** - Veterinaries, animal hospitals, pet services (in-home care, walkers)

Educational Materials and Calculators

A variety of educational materials are available online that include tip sheets, checklists, articles, licensing regulations and more! In addition, information on daily living topics, such as consumer issues, legal and financial planning are also available. Calculators for financial planning, health, and weight management purposes are also available for access.

Health and Wellness Resources

(You will need to register and create a unique user name and password in order to access these resources.)

Wellness Lessons

Understand and identify healthy lifestyle behaviors that can be incorporated into your daily routine. Recognize and overcome barriers in 5-6 weeks, self directed and self paced courses in topics such as:

- Stress Less
- Healthy Weight
- Women's Health
- Back Pain Management and Prevention
- Pre and Postnatal Health
- Eating Healthy
- Walking
- Men's Health
- The Blues
- Diabetes Management



Quarterly Wellness Webinars

Longer tutorials for healthier living, including:

- Sitting is the New Smoking
- Healthy Holidays
- The Importance of Sleep
- Eating Healthy on the Go
- Stress Management
- Work Place Workouts

Personal Health Assessment Reports

Answer a short questionnaire on current health statistics and habits and get a personalized report with suggestions on areas of improvement and wellness resources custom tailored to you.

Health Library and Articles

Access unlimited articles on various health and wellness topics, symptoms, health indicators and implications, health tips and much more!



Interface EAP

Stress

For free and confidential assistance, call your

Marital Problems

Financial

Employee Assistance Program and speak with a Care Coordinator:

Family Problems

Legal

(713) 781-3364

Se Habla Español

Alcohol/Drug Problems

Depression

(800) 324-4327

(800) 324-2490

www.4eap.com

Other Referrals

Your employer has contracted with Interface EAP to provide you an Employee Assistance Program.