

INTRODUCING YOUR NEW EAP PROGRAM

Personal problems can affect your life both at home and at work. When life's events become challenging, we'd like to remind you about our Employee Assistance Program, or EAP. In 2019, Davidson College is excited to partner with Health Advocate to provide confidential access to a Licensed Professional Counselor to assist you and your family in a safe, private atmosphere — at no additional cost. All of the information you share is confidential. Davidson College does not receive information about any employees' use of the EAP. This benefit is available to you, your spouse, dependent child(ren), parents and parents-in-law.

Who pays for the EAP services?

The cost of participation is paid for by Davidson College.

What type of issues does the EAP deal with?

- Depression
- Relationship issues
- Stress
- Divorce
- Anxiety
- Job stress
- Work conflicts
- Anger, grief and loss
- Addiction
- Eating disorders
- Mental illness
- Family and parenting problems

NEW in 2019! Included in your EAP

Work/Life Balance Program will assist you with:

- Childcare centers, babysitter tips, preschools
- Assisted living, nursing homes, adult day care services
- Debt management, budgeting, credit issues

Medical Bill Saver Program

Skilled negotiators will work with providers to lower your out-of-pocket costs on medical and dental bills of \$400 that are not covered by insurance.

To access the EAP:

- Go to www.HealthAdvocate.com/members
- Email: answers@HealthAdvocate.com
- Call: 866-799-2728