

## Information Resources: *One of your most important EAP Benefits*



You'll find an entire library of problem-solving resources, including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School Articles • Thousands of legal articles • 800,000 child/elder care providers • Personal growth programs • Mental and physical health assessments • Financial tools and calculators • Career development information • 900 health videos

**Caregiver Center** – a vast array of tools and resources designed to help those providing care for a chronically ill, disabled, or aging family member or friend

**Tools for Tough Times** – a tool-kit to help you cope with today's tough financial pressures and to provide money saving resources to help you do more with less

**ESI Wellness Center** – articles, health assessments, courses, videos and FAQs related to dieting, nutrition, stress, smoking, and overall physical fitness

**Pet Resource Benefit** – links, tools, articles, resources and a Pet Blog to help you care for those other members of your household: your beloved pets!

**To access this benefit**, you can call the EAP or log on to the website, **www.theEAP.com**, for thousands of articles, videos, and tools to help you resolve personal problems. Find information on thousands of topics including:

- Adoption
- Mental Health
- Home Ownership
- Loss and Grief
- Family Violence
- Financial Planning
- Will Templates
- Lemon Laws
- Stress
- Work-Life Balance
- Consumer Action
- Divorce
- Elder Law
- Child Care



### TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to [www.theEAP.com](http://www.theEAP.com)
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your **Employer's name** and click Continue.
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**