TotalCare EAP
A division of ESI

Jefferson
HEALTH PLAN

Your EAP Benefit Summary



Each of us encounters personal problems from time to time. We partner with ESI EAP to provide you with the best possible solutions for issues you or your family may face. **Your EAP is here to help.**

The following free benefits are available for Employees and Family Members.

Counseling Benefits

Help from experienced Masters or Ph.D. level counselors for personal issues such as: relationships/ family, depression/anxiety, grief and more. Multiple counseling options include in-the-moment telephonic, live therapy through text messaging, chat, audio, and video, and in-person therapy.

Peak Performance Coaching

Personal and professional coaching is available from senior-level ESI coaches. Get one-to-one telephonic coaching and support, as well as online self-help resources and trainings.

Training And Personal Development Benefits

Access to our extensive library of online personal and professional development trainings in a variety of easy-to-use formats. Some training topics include: debt, budgeting, communication, business skills, working remotely, stress management, and emotional intelligence.

Talkspace Go App

A mobile app with 400+ self-guided, interactive programs, live weekly therapist-led anonymous classes, on demand sessions and more. The App empowers couples, individuals, and parents to improve their mental health in as little as five minutes a day.

Self-Help Resources

Access to thousands of tools, videos, webinars, self-assessments, financial calculators and informative articles covering virtually every issue you might face, such as adoption, relationships, legal and financial matters, cancer and other illnesses, and more.

Work/Life Benefits

Assistance for financial and legal issues, child & elder care, LGBTQIA+ issues, military life, and more.

Personal Research Assistant

Help for everyday issues, including finding a local medical or dental provider, summer camp options, pet care, and more.

Wellness Benefits

Videos and resources to improve you and your family's overall health, including fitness, nutrition, diet, tobacco cessation, sleep health, and information on illnesses.

Lifestyle Savings Benefit

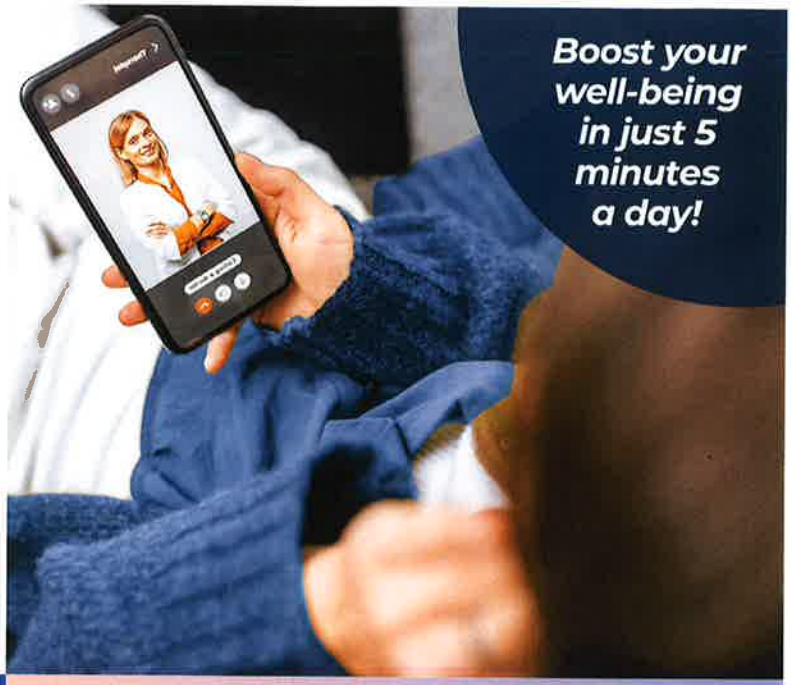
Thousands of discounts, rewards, and perks in a variety of categories: Health & Wellness, Auto, Electronics, Apparel, Restaurants, Beauty & Spa, Flowers & Gifts, Sports & Fitness and more! Benefits are accessible from ESI's Member website.

Contact the EAP toll-free at **800.252.4555.** All calls are **CONFIDENTIAL** and answered by a Masters or Ph.D. level counselor; your counselor will work with you on a plan beginning with the first call. Or go to **www.theEAP.com** and create a username and password.

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EAP Benefit

Talkspace Go

Talkspace Go is a free EAP benefit for you and eligible family members aged 13+. It's a mobile app you can use to **improve your mental health and well-being in just 5 minutes a day!** Get help for relationships, parenting, depression, and much more.

Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

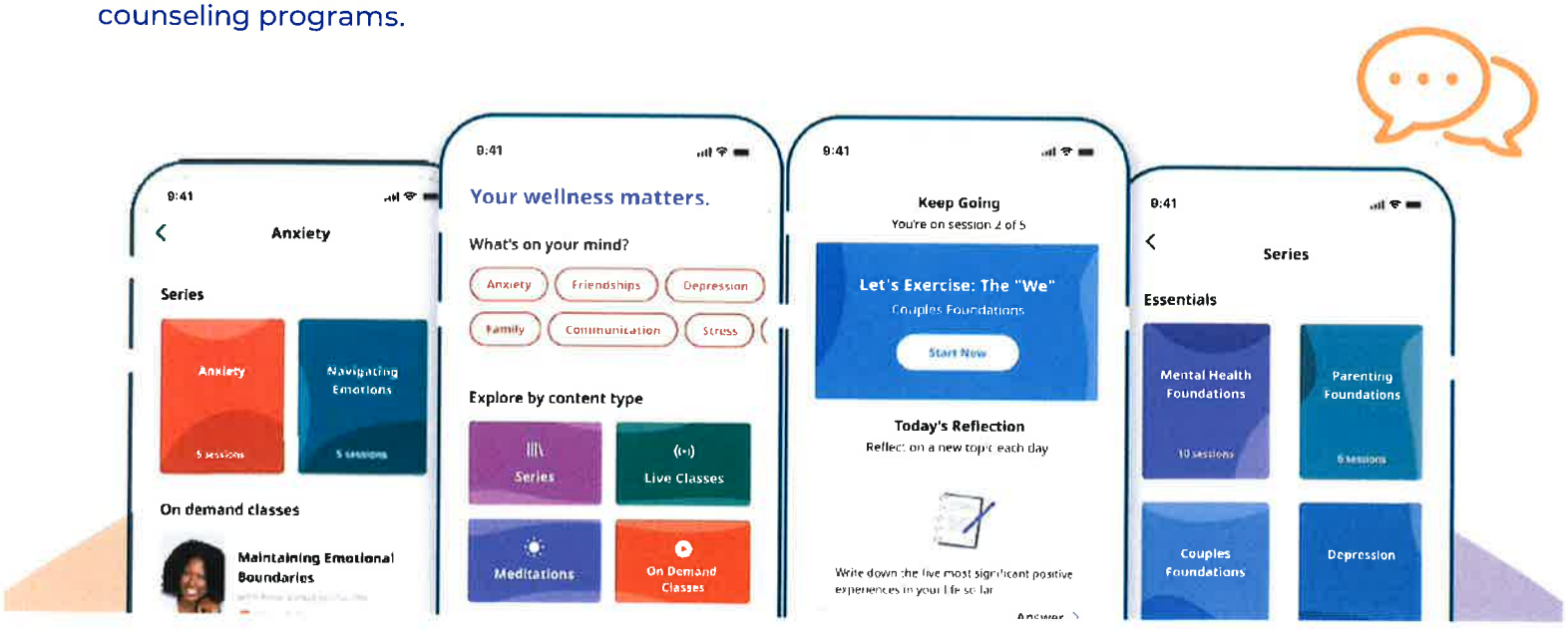
- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

Check it out!

- Download Talkspace Go from the Apple App store or Google Play by scanning the QR Code below.
- Sign up and create an account
- Enter your organization's code: **ESIEAP**

How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.





Self-Help Resources

A vital benefit to help with everyday issues!

Access thousands of trustworthy articles, videos and tools in our updated Self-Help Resources, with easier navigation and search, new content, and Learning Centers on popular topics such as gratitude, goal setting, communication, sleep, building resilience, and more.

Other topics include:

- Mindfulness
- Adoption & Child Care
- Personal Finance & Budgeting
- Emotional Wellbeing
- Parenting & Relationships
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress, Anger, Anxiety & Depression
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Development
- Digital Wellness
- Disaster Prep and Response

More benefits, higher satisfaction.

Scan with Your Device to Explore Your EAP Benefits!

1-800-252-4555

www.theEAP.com

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Your EAP Legal Benefit



ESI has an innovative benefit designed to help Members with personal legal concerns:

- Estate Planning
- Traffic Violations
- Criminal Cases
- Divorce
- Child Custody
- Probate Issues
- Bankruptcy

How to Access The Legal Benefit

1. Call **800.252.4555.**
2. Describe your issue to the EAP Counselor.
3. You will be referred to an attorney.
4. There is no charge for your initial phone consultation. *(30-minute maximum. This is a consult only. No legal work is performed.)*
5. If you need to hire an attorney, you will be referred to an independent lawyer specializing in your area of concern.
6. The billable hourly rate is discounted by 25%.
7. Entire legal library available on the EAP website includes Will templates, contract samples and more.

Access the EAP Online Legal Library

1. Go to **www.TotalCareEAP.com**
2. Click the **Member Login** button.
3. If you have already created a Username and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps (a) & (b).**
   - **a)** Click on **REGISTER.**
   - **b)** Fill out the Registration Form to create your own User Name and Password, then click **Register. You only need to register once.**
4. Click the **Legal tile** and explore.

Please Note: You will receive a link at the email address you provided and will need to verify your account before logging in and accessing the site.

Who's Covered?

Our EAP extends benefits not only to you, but also to those living in your household. These might include: children, parents, in-laws, cousins, spouses, and unmarried partners. Additionally, children living away from home are also covered, up to the age of 26.

Exclusions

The legal benefit is not available for issues related to employment or benefits, corporate/business law or medical malpractice.

www.TotalCareEAP.com
800-252-4555

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