

## Employee Assistance Programs (EAP)

More and more companies see a direct connection between the health and well being (both physical and emotional) of their employees and the overall success and viability of their business enterprises.

Wellness products give plan sponsors a competitive advantage in their marketplace by creating a culture that leads to improved workplace productivity, increased employee engagement and lower absenteeism. Research also indicates that an organization can gain significant cost savings as a result of:

- reduced claims under insured benefit programs, including weekly indemnity, long-term disability, and pharmaceuticals
- reduced job site accidents
- enhanced morale

An EAP gives your employees and their immediate family members access to confidential professional counseling services to help address and resolve any personal or professional concerns. EAP services offer assessment, counselling, and referral for:

- job-related stress
- marital and family problems
- separation/divorce/custody
- alcohol and drug dependency
- difficulties with children
- psychological disorders
- anger management
- retirement planning
- aging parents
- sexual harassment and abuse
- gambling and online addiction
- bereavement
- financial or legal concerns
- and more