



YOUR TOTAL WELL-BEING PROGRAM

NexGenEAP is your 24/7, confidential Employee Assistance Program, wellness, health advocacy and work/life benefit provided at no cost to you as part of your Total Rewards for a Total You comprehensive suite of benefits.

The program connects you and your family members, or anyone who lives in your home, with a trusted mental health professional for confidential, in-person or phone consultations to assist with marital or family conflicts, substance abuse issues, stress, grief, health anxieties and more. NexGenEAP services address your total well-being from providing wellness resources to maximizing work/life balance to assistance with navigating your health plan.

**Get
Started
Now**

TO ACCESS YOUR TOTAL WELL-BEING SERVICES:

Call 1.888.213.0153

Log on at: www.nexgeneap.com

Enter Company ID: **9983**

(Company ID is needed only to create an account on the website)

When calling our confidential services, your EAP Counselor will take you through our intake process, where we ask a number of questions to assess your situation and determine the best level of care.

Counseling Services

Our counselors are Mental Health Professionals who provide confidential counseling in-person or over the phone for a variety of stressful issues such as marital, family, substance abuse, depression, stress, grief, health, and more. Each counselor carefully listens to your needs and either offers short-term counseling focused on coping strategies or makes an appropriate referral to long-term counseling or specialized care.

Child/Elder Care Resources

Access resources to help you find the child and elder care that you need. We can assist you with finding a pediatrician, babysitter/nanny, camps, sports lessons, music lessons, and college applications and financial aid. Elder care resources include help with housing options, assisted living facilities, Medicare, doctors, financial planning, and transportation.

Legal and Financial Consultations

Access **NexGenEAP** to utilize your no cost legal and financial consultations. Half-hour legal consultations can be done over the phone or in-person, and can be used for issues such as divorce, custody disputes, and wills. Discounted legal fees are also available if a longer consultation is required. 90-minute financial consultations are provided over the phone and can provide assistance with topics such as debt consolidation, budgeting, student loans, and credit issues. ID Theft resources are also available.

Virtual Concierge

The Virtual Concierge Service is available 24/7 to save you valuable time and help you balance the competing demands of work and life. The Virtual Concierge Service features dedicated Personal Assistants available to provide you with research, referrals, or information on just about any topic.

Individualized Wellness Resources

Your comprehensive, personalized wellness program encompasses all areas of well-being from nutrition and fitness to relaxation and restoration. Submit a wellness request, schedule a call with a Wellness Coach, or receive individualized wellness tools and resources.

Health Advocacy

Our licensed Care Guides are available to provide benefit information and assistance navigating your health plan. Care Guides provide healthcare claims and appeals management, healthcare billing assistance, prescription information and costs, as well as healthcare provider research.

Cognitive Well-being

Integrated into our **NexGenEAP** mobile app, **Self By Design** is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your mindfulness and wellness goals.

Confidential Assistance

We understand it takes courage to reach out and ask for assistance, which is why we ensure that your information and identity are kept completely confidential - even from your employer. Exceptions occur only when members are at risk of harming themselves or others or when the welfare of a child is in question.



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ONLINE
www.nexgeneap.com

MOBILE APP
NexGenEAP

