

# Employee Website



Your EAP website is designed to provide you with information about your EAP benefit and provide access points for you to connect with us while you're there. The site also offers access to tools and practical tips for improving your wellbeing.

## **REVIEW YOUR BENEFITS**

Find out more about the EAP, what the benefit covers, the types of issues and examples of what issues you can get help with, how it works, and get answers to frequently asked questions.

## **ACCESS SERVICES**

Find out what benefits are available to you, and choose from several different ways to access. You can call, send an instant message or send an online request for services, and explore on your own. Access points are visible in every page of the site – making access literally at your fingertips.

## **FIND RESOURCES**

If you're the DIY type, you can find resources on your own by utilizing dedicated search engines. Find tools, resources, information and services related to parenting, daily living, eldercare, financial and legal services.

## **LEARN SKILLS**

Enhance or learn skills with practical educational information. Plan and participate in monthly webinars, explore the Learning Center and find tools for mental health, personal development, wellness, management and workplace, health & behavior, parenting & childcare and aging & eldercare.

## **WELLNESS TOOLS**

Explore tools and resources to help you thrive and maintain balance. Take health assessments, learn ways to eat and live healthy, learn skills for personal growth, improve communication, relationships, family and more...

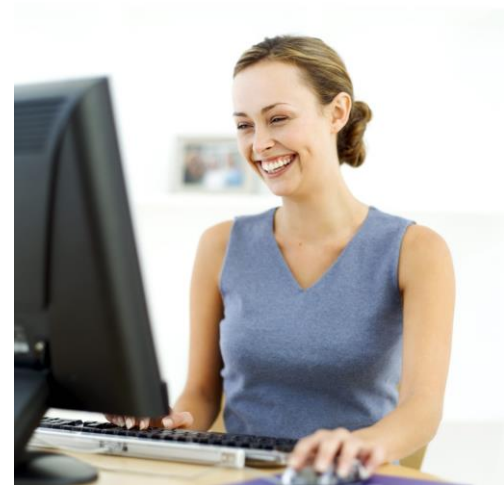
## **SHORTCUT TOOLS**

Find shortcuts on the home page to frequently accessed and featured services like Parenting & Childcare resources, Daily Living, Eldercare Services, Chat Live (Instant Messaging), Monthly Webinars, EAP Orientation, EAP Publications & Subscriptions, Financial Tools, Legal Benefits, Learning Center, ID Theft Victim Resources.

Remember to check out the banner on the home page for features, services or information that you may be missing out on!

Resource Assistance  
At Your Fingertips  
Available 24/7

wellspring EAP™



FOR SUPPORT:  
1-800-553-7798

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Freight Lines