

Referral Services

If the EAP counselor determines that longer term or specialized services are appropriate, EAP will provide a referral. In many cases your medical insurance will cover the cost of these additional services. A referral through EAP takes the worry and guesswork out of determining the best resource for providing the necessary care for you or your loved one.

Website: www.EAPacific.com

The Resources section of the EAP website provides self-assessment tools and a searchable database that can assist in finding articles on a wide variety of topics relating to personal issues, home life, and work. Additionally, there are links to websites we think you would find useful.

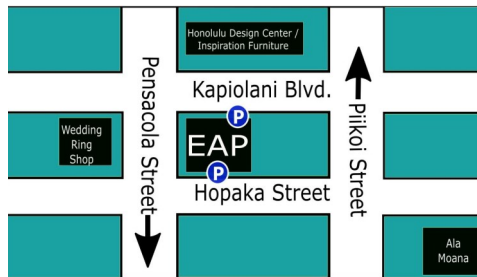
For Assistance Call or Email:

Oahu

597-8222

1221 Kapiolani Blvd., Suite 730
Honolulu, HI 96814

Counselors are available across Oahu



Neighbor Islands

Toll Free **(877) 597-8222**

Counselors are available
Across Maui, Big Island,
Kauai, Molokai, and Lanai



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

1221 Kapiolani Blvd, Suite 730
Honolulu, HI 96814

Your Employee Assistance Program

A benefit provided by

**AFL Hotel and Restaurant Workers
Health and Welfare Trust**



EMPLOYEE ASSISTANCE OF THE PACIFIC, LLC

(808) 597-8222



Employee Assistance Program

EMPLOYEE ASSISTANCE OF
THE PACIFIC, LLC

A Benefit for You and Your Family Members Provided by

The AFL Hotel and Restaurant Workers Health and Welfare Trust Fund

The Employee Assistance Program (EAP) is a CONFIDENTIAL counseling and wellness program that is provided as a benefit to eligible Local 5 Hotel Bargaining Unit Trust Fund Participants and their eligible family members at NO COST to you. All information received from employees under the program shall be held in strictest confidence by the EAP.

Counseling Services

Up to six (6) sessions per year and four (4) for each family member are available. Counselors are available across the Islands. You can receive assistance in areas such as:

- Marital Conflict
- Stress Management
- Alcohol or Drug Problems
- Interpersonal issues
- Conflict at work
- Medical Care Concerns
- Family relationships
- Depression or Anxiety
- Financial/Legal Concerns
- Grieving a loss
- Retirement
- Referrals to Community Resources
- Career Path
- Personal decision-making

The concern does not have to be a critical one – many people use their EAP benefit to talk about their personal and professional growth or just to find an impartial ear to listen. Counseling sessions are available in person, and when appropriate, by phone.

Coaching for Well-Being

EAP Coaching for Well-Being is a one-on-one, collaborative process in which your EAP Well-Being Coach helps you achieve your personal wellness goals. Wellness is about the whole person -- body, mind, and spirit. EAP Coaching for Well-Being can be used in a broad range of personal growth areas such as career path, better communication skills, stress management, greater work-life balance, physical health, and much more. Coaching typically consists of a series of one-on-one face-to-face, telephone, or email sessions between you and your EAP Well-Being Coach. Coaching sessions can be substituted for your EAP sessions.



Caregiver Consultation Services

Through an agreement with Ho'okele Personal Health Planners, Employee Assistance of the Pacific can arrange for you to talk with a licensed health care professional from the Ho'okele offices by phone. You can receive help with:

- Scheduling homecare providers
- Finding a long term care facility
- Finding caregivers, doctors & specialists
- Discharge planning
- Communicating with doctors
- Coordinating multiple caregivers
- Going to doctor visits
- Understanding insurance coverage
- Advocating in hospital or care facility
- Researching treatment options
- Reviewing eldercare options

This one-hour consultation is provided as an exchange for two regular EAP sessions. There is a limit of one hour of Caregiver Consultation per member per year to exchange for two of your EAP sessions.



Legal and Consultation

If you need legal assistance, we will refer you to an attorney in our network, and you can receive a free 30-minute face-to-face or telephonic consultation. If you need further assistance, they will reduce their fees by 25%. Note that work-related issues are not covered.



Financial Consultation

If you need to talk with a financial expert, you can receive a free 30-minute telephonic consultation that can give you support, information, and resources. Common issues include credit scores, debt consolidation, budgeting, college financing, retirement planning, and taxes.

Work/Life Phone Assistance

You may call and consult with a counselor regarding personal needs or concerns for which you are seeking information, but do not need professional counseling. **This service is unlimited** and employees may call as frequently as needed throughout the year. Employees may call for assistance with many types of needs—common issues might include brief questions about parenting or locating community resources.