



EAP Well-Being Campaign

Building Resiliency through Mindfulness and Art

As Hawaii's largest EAP, we serve companies across the state with more than just basic EAP services. We know that any way we help employees with their personal or work-related issues supports your organization's bottom line and produces more productive, resilient, and loyal employees. It's why we offer more services specifically geared toward Well-Being and why we made **Well-Being** a key initiative supporting all our customers.

Our Well-Being Initiative

	Corporate Training	Website Resources	Newsletters
Weekly pdfs for a year (emailed to any employees who sign up) providing self-care tips, quotes around a "word for the week," and art pages aimed at developing resiliency and mindfulness. All are aimed at the Gallup 5 elements of Well-Being (Social, Financial, Community, Physical, Purpose)	A variety of trainings for employees and/or supervisors on Well-Being topics	Handouts and resources aimed at supporting Well-Being concepts	Employee newsletters with a Well-Being focus, in addition to Supervisor Newsletters

Our Standard EAP Suite of Services to Employees

Counseling & Assessment	Coaching	Legal Consultation	Financial Consultation	Healthcare Navigation / Eldercare Consultation
Up to a contracted amount of sessions (usually 3 or 6)		30-minutes	30-minutes	Up to a contracted number of hours
Strongest Provider Network on all islands	Experienced professional coaches	Experienced attorneys (local, face-to-face or by telephone)	Certified Financial Experts	Local Healthcare Navigators through Ho'okele
Referral for ongoing treatment when needed	Referral for ongoing coaching or treatment when needed	25% off their bill if further assistance is needed	Referral for additional assistance	Referral for additional assistance

All services are free and confidential to covered employees and their covered family members

And we also support **Employers** with Critical Incident Support, Drug/Alcohol Issues, Management Consultations, etc.

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