



Did you know your EAP offers...

Confidential Counseling

The Wellness Corporation is proud to offer up to **six (6)** sessions of confidential face to face counseling for our members and household members. Our trained, professional counselors will help to identify and resolve whatever personal issues you or your family may be having, including:

- *STRESS AND ANXIETY*
- *RELATIONSHIP ISSUES*
- *ANGER OR DEPRESSION ISSUES*
- *PARENTING ISSUES*
- *SUBSTANCE ABUSE*
- *GRIEF AND LOSS*

Legal Consultations

When you call The Wellness Corporation, we will connect you with an attorney for a free, 30-minute consultation. Should your legal matter be more complex in nature, you will be referred to an attorney at a 25% discounted rate.

Examples are:

- *CONTRACTS*
- *CIVIL LAWSUITS*
- *BANKRUPTCY*
- *DIVORCE*
- *REAL ESTATE TRANSACTIONS*
- *CRIMINAL ACTIONS*

Financial Resources

Financial issues leave you feeling stressed and confused. Having someone with whom you can discuss your options can help you feel more in control. Our financial professionals are available to help you address issues including the following:

- *BUDGET & DEBT*
- *CREDIT CARD ISSUES*
- *ESTATE PLANNING*
- *TAX ADVICE*
- *BANKRUPTCY*
- *PLANNING FOR RETIREMENT*

Telephonic Health & Wellness Coaching

Your health coaching program offers on-line resources and one-on-one coaching for health related issues. When you contact us, you will be offered assistance with some of the following:

- *WALKING/FITNESS PROGRAMS*
- *WEIGHT LOSS*
- *NUTRITION ADVICE*
- *SMOKING CESSATION*
- *CHRONIC DISEASE MANAGEMENT*

Work/Life Resources

The Work/Life program offers both informational resources and referral services. From becoming a new parent to taking care of an aging relative and more, our specialists will provide you with resources to help you make educated decisions. Some of our most frequent requests include:

- *NEW PARENT COACHING*
- *CHILD/ELDER CARE SERVICES*
- *SPECIAL NEEDS PROGRAMS*
- *ADOPTION ASSISTANCE*
- *EDUCATIONAL PROGRAMS*
- *SUMMER CAMPS*

Your WellnessWorkLife Website

Is a resource for information on a wide range of issues. Additionally, you can take personalized health and wellness assessments, print out various useful forms and legal documents and much more. Visit www.WellnessWorkLife.com today.

Website: www.WellnessWorkLife.com

Company Registration Name: **Northeastern** (not case sensitive)

Call 24 Hours a day: 1-800-828-6025 Voice/TTY