

Group Main Stream (GMS) PROVIDES A CONFIDENTIAL EMPLOYEE ASSISTANCE PROGRAM (EAP) AT NO COST TO EMPLOYEES AND THEIR HOUSEHOLD MEMBERS

Your EAP provides experienced counselors to talk with confidentially when you have personal concerns and stressors, online Work/Life Services with articles, videos, assessments, and access to financial and legal consultations. Our commitment is to be there when you have a question or need help.

Experienced Counselors are available 24 hours a day by calling the EAP toll-free number, **1.800.769.9819**. You and your household members can call EAP any time, night or day, and speak with a counselor on the phone. We can help you access 1-4 assessment, short-term intervention and/or referral sessions with a licensed mental health professional at no cost to you, and sessions can be accessed in-office or via telehealth. Clients often seek support for a wide variety of concerns including couples/marital, family issues, workplace stress, anxiety, depression, substance abuse, grief, life transitions, and many other matters. All EAP sessions are confidential, no problem is too small for EAP.

Online Work/Life Services can be accessed anywhere there's an internet connection, 24 hours a day. The website offers a whole host of resources on health, mental health, financial wellness, personal growth, balanced life and other topics. There are health and mental health screenings, articles and videos related to many issues including parenting and resolving conflicts, budgeting calculators, and templates for legal forms such as wills and living wills.

To access go to www.healthylifeep.com

Scroll down and click on Employee Assistance Program tab

Click on **Work/Life Services**, located on the left

Click on **Current clients log in here**

For first time users only, click on the **Register button**

Enter the requested information and choose your own username and password

Your Company Code is: ahc-gms

Legal and Financial Services include a 30-minute free consultation with an attorney / financial counselor per issue. Legal and Financial support topics include: Family Law, Estate Planning, Immigration, Debt-reduction, Tax Services, Mortgage Counseling, Student/College Loan support, and more!

Legal Consultations (Attorney and Mediation):

- Each employee is entitled to one (1) initial thirty-minute office or telephone consultation per separate Legal matter at no cost with a network attorney or mediator.
- If the employee wishes to retain a participating attorney or mediator after the initial consultation, they will be provided with a preferred rate reduction of 25% from the attorney or mediator's normal hourly rate.

Financial Consultations (Money Coaching and Tax Services):

- Each employee is entitled to one (1) initial thirty-minute telephonic consultation per separate financial matter at no cost with a money coach. These services are provided by financial professionals and licensed CPAs. If the employee wishes to work with a money coach for additional services, they may do so for a monthly out-of-pocket fee to maintain access to their money coach.
- Tax Consultation services are also available. Employees can consult with a tax professional to address their tax questions and support employees in setting their withholding allowances or choosing a tax filing status. They are also able to discuss more complex tax issues, and additional tax services beyond initial consultation are available at a discounted out-of-pocket rate.

Try out this easy to access, confidential benefit at 1.800.769.9819.