

Making the Most of Your EAP Benefits

Your EAP doesn't just help with life's most daunting challenges, such as a mental health crisis or substance abuse treatment. It also helps with everyday issues. Plus, your EAP includes many benefits that offer opportunities for growth and life enhancement. As we begin a fresh new year, here's a recap of benefits available to you and your household members, including children up to age 26 who live outside the home.

- **Counseling Benefits** – Help with personal issues such as relationship problems, depression, stress, substance abuse, and trauma. Connect immediately with a counselor for in-the-moment support, or opt for text, chat, or video messaging, local in-person counseling, or Talkspace Go, a digital mobile app that can improve your overall wellbeing in just 5 minutes a day.
- **Work/Life Benefits** – Assistance for personal, family, financial, legal, and other everyday work/life matters. Services include debt counseling, grief and loss help, child care and elder care assistance, caregiver resources, financial information, legal matters, interpersonal and communication skills for home and work, pet problem resources, and more.
- **Self-Help Resources** – Log in 24/7/365 for thousands of tools and informative articles covering virtually every problem you might face. Resources include tools for behavioral health, consumer rights, disaster preparedness, financial issues, legal information on matters from adoption to wills, and Tools for Tough Times, a guide to help you do more with less when finances are tight.

- **Peak Performance Coaching** – Get one-to-one telephonic personal & professional coaching for: Certified Financial Coaching, Balancing Life at Work and Home, Resilience, Effective Communication, Home Purchasing, Student Debt, Relaxation Coaching for Beginners, Workplace Conflict, Retirement Planning, and Succeeding as a Supervisor.
- **Lifestyle Savings Benefits** – Explore deals, discounts, and perks from your favorite national brands. Access negotiated cost savings for wellness, shopping, travel, and much more.
- **Personal Development & Training** – Boost your personal goals and career objectives with an extensive online library of eLearning courses, trainings, webinars, and videos on topics including customer sales and service, management skill building, technology, personal development, mental health, and more.
- **Wellness Benefits** – Access information and resources to improve you and your family's overall wellness through coaching, health risk assessments, and online information/tools on health conditions and illnesses. Get one-to-one coaching for smoking cessation and substance misuse issues.

Your EAP also offers a **Personal Research Assistant** who will help find solutions for issues that are weighing you down. Members have called for help finding local doctors, dentists, attorneys, financial advisors, summer youth camps, adult day care, pet services, school financial aid, and more. To reach the personal research assistant, call 800-252-4555.

Featured January Webinar



Identity Theft: What Can You Do About It?

ID theft is the fastest growing crime in America. In this seminar, learn what ID theft is, how to prevent it, red flags to watch for, and what to do if it happens to you. To access this Webinar and related resources, simply log in to www.HigherEdEAP.com during January.



Seasonal Depression

Feeling melancholy, listless, or depressed? It might be **Seasonal Affective Disorder, or S.A.D.**, which many people experience between December and March. Generally, S.A.D. is related to changes in your body chemistry, such as your serotonin and melatonin levels. Lack of light is deemed to be a common trigger, but other factors can contribute. See our blog post [Down in the doldrums? It might be Seasonal Affective Disorder \(S.A.D.\)](#) to get tips for managing this seasonal depression.

Jump Start 2025 with Learning!

Get a jump on the new year with learning for personal or professional development. Choose from thousands of training topics. Below are a few suggestions or search for your own topics. Simply click on “**Member Login**” at www.HigherEdEAP.com, sign in, and click on the comprehensive training library in the “**Training Center.**”

- **Setting SMART Goals for Success | Course ID: SVL_1028200**
In 5 minutes, learn the 5 criteria of SMART goals that will increase your probability of success: specific, measurable, attainable, relevant, and time-bound.
- **Digital Literacy: The Real Problem Behind Fake News | Course ID: SVL_1020146**
Learn what digital literacy encompasses and get tips for evaluating online content for accuracy and reliability in this 7-minute video. Learn the "SMELL" test for evaluating content.
- **Women in Leadership: Mentoring | Course ID: SVL_1021491**
In this 11-minute video lesson, learn how to seek a mentor, how to become a mentor to others, and about the two types of mentors: skill-based and career.

January Observances

- 1/1 - [New Year's Day](#)
- 1/20 - [Martin Luther King Jr. Day](#)
- [National Mentoring Month](#)
- [Thyroid Awareness Month](#)
- [National Glaucoma Awareness Month](#)
- [Cervical Health Awareness Month](#)
- [National Blood Donor Month](#)

Learn More!



Scan the QR code with your device or smart phone to explore more of your employee benefits!



How to Scan a QR Code

1. Open the camera app.
2. Select the rear-facing camera in Photo mode.
3. Center the QR code you want to scan on the screen and hold your phone steady for a couple of seconds.
4. Tap the notification that pops up to open the link. (You will need to be connected to the internet to do this.)

Accessing Your EAP Training Center

1. Go to www.HigherEdEAP.com and click the **Member Login** button.
2. If you've already created an account, log in with your Username/Password.
3. If it's your first time, click **REGISTER** to create your Username and Password. **You only need to register once.**
4. Click the **Training Center** and then choose **Comprehensive Training Library**.
5. In the Search bar at the top of the screen, type the course code or search for a topic.
6. Click the course icon and click the **Play** or **Start** button to begin.

To get a certificate: View the course and take the quiz. Not all courses require a quiz, but if so, you must score at least **80%** for a certificate. To download your certificate to your computer, click the ribbon icon below the right corner of the video.



98% Employee Satisfaction Rate

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