

# Helping you and your family meet life's challenges

Whatever the issue confronting you or your family members, VITAL WorkLife can help.

## Your Employee Assistance Program (EAP) includes:

- **Unlimited phone consultation:** Anytime, day or night
- **Face-to-face counseling:** with our national network of master's and doctorate level professionals
- **Nurse Peer Coaching:** If you or a family member are a nurse, you have access to one-on-one confidential phone coaching by nurses who have experienced similar work/life challenges
- **Educator Peer Coaching:** If you or a family member are a teacher, you have access to one-on-one confidential phone coaching by educators who have experienced similar work/life challenges
- **Legal services:** Free 30-minute consultation with an attorney by phone or in-person — discounted rates for further representation, in most cases
- **Financial services:** Unlimited phone consultations with a financial counselor
- **Identity theft prevention & support:** Comprehensive identity theft packet available upon request
- **Member website:** Online benefit information and extensive work and life resources
  - 5,000+ articles, assessments, audio files, calculators, checklists, resource links and more
  - Online Seminars
  - eLearning Courses



Contact us at **800.383.1908**  
or visit **VITALWorkLife.com**

**Username:**

**Password:**



**Pathways to Well Being**

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