

Your Employee Assistance Program

No Cost to You Confidential Answers





A confidential and voluntary employee assistance program provided free of charge to employees and their dependents

ease@work is a confidential, voluntary program provided at no cost to you and your dependents as a benefit through your employer

Through our diverse team of licensed, credentialed professionals we offer:

Short-term counseling at no cost to you for Counseling stress, relationships, family issues, depression and much more

Child Care: parenting support and assistance with locating reliable childcare

> Class Act®: assistance with a wide variety of general and special education needs for school-agers

> > Elder Care: caregiver support and assistance with locating resources for elders

Legal resources: no cost 60 minute attorney consultation with 25% discount if retained and downloadable documents

Financial resources: no cost 60 minute financial consultation for budgeting, savings, investment information and more

Nutritional Coaching: in person sessions with a registered dietitian or holistic health coach for weight loss or other health concerns

Fitness Coaching: in person sessions with a certified fitness coach to develop a personalized fitness plan

EASEy Access: online, members-only resources and information for improving your life

229TIBW

Employee Assistance

Strengthening**Talent**™





www.easeatwork.com/EASEy 216.241.3273 or 800.521.3273

We can assist you & your dependents with any concerns, including...

- Personal/Work Problems
- Anxiety, Depression & Stress
- Substance Abuse
- Family Relationships · Nutritional Coaching
- · Smoking Cessation
- · Financial/Legal Issues
- Fitness Coaching
- · Childcare Needs • Eldercare Issues

ease@work Employee Assistance Service Voluntary, private and confidential for you & your dependents