

## EMPLOYEE ASSISTANCE PROGRAM

Peralta Community College District # 002112

<b>ELIGIBILITY</b>	Employee, spouse/domestic partner, dependent children and household members
<b>CLINICAL</b>	
Toll Free Access	24x7x365 telephonic support ➤ Phone: <b>800-535-4985</b>
Provider Network	National provider network, 55,000+ clinicians
Face-to-Face	Seven (7) sessions per person, per issue, per policy year, with unlimited issues <i>Member optional choice of clinical consultation delivery mode via phone or web-video</i>
Online	Member website features articles, assessments, resource links, and audio & video files covering emotional wellbeing, health & wellness, dependent needs, education, workplace issues, and more ➤ Visit: <a href="http://members.mhn.com">members.mhn.com</a> ➤ Company Code: <b>peralta</b>
Presenting Issues	Marital, family, relationship; stress; sadness; anxiety; grief & loss; anger management; alcohol & drug dependency
<b>WORK &amp; LIFE</b>	
Legal	Unlimited telephonic access to legal consultants, free 30-minute consult per legal issue with a local attorney, 25% discount applied to retained hourly rates
Financial	Unlimited telephonic access to certified financial consultants providing personal financial & credit counseling, debt & budgeting assistance, pre-retirement planning & retirement services, planning for college tuition, and more
Child & Elder Care Daily Living Identity Theft Recovery	<ul style="list-style-type: none"> <li>➤ Confirmed match referrals for dependent care needs including child care, family day care, nursing homes, retirement communities &amp; agencies for the elderly</li> <li>➤ Unlimited access to resources, services, and referrals for pet care, consumer services, home contractors, travel arrangements and more</li> <li>➤ Consultation with a trained fraud resolution specialist, ID Theft Response Kit</li> </ul>
<b>WELLNESS</b>	
Wellness Coaching	One-on-one personal telephonic wellness coaching for: <ul style="list-style-type: none"> <li>➤ Stress Management</li> <li>➤ Smoking Cessation</li> <li>➤ Nutrition &amp; Weight Management</li> <li>➤ Exercise &amp; Fitness</li> <li>➤ Overall Lifestyle Improvement</li> <li>➤ Lifestyle Support for Living with a Chronic Condition</li> </ul>
Online Wellness Resource Center	<ul style="list-style-type: none"> <li>➤ Health assessment, tools, trackers, and videos</li> <li>➤ Online platform focuses on six cornerstones of wellness: nutrition, fitness, weight management, stress management, sleep, and tobacco cessation</li> </ul>