

# Employee Assistance and WorkLife Programs

## Services at a Glance



### >>> PROGRAM BENEFITS

- ▶ Help is available 24/7/365: Call any time, day or night, even on holidays, to speak to a licensed EAP professional or highly trained WorkLife specialist.
- ▶ The EAP and WorkLife programs are professional services that provide support, information, consultation, problem-solving counseling, resource identification, and vetted referrals to all federal employees and their eligible family members.
- ▶ Both programs are designed to help you with any concern or issue to promote health and well-being and improve productivity, morale, and work/life balance.
- ▶ Services are completely confidential in accordance with state and federal laws.

To access WorkLife benefits and information online, navigate to My Benefits and then click the Work-Life Services tile. When prompted, enter the registration code below.

**1-800-222-0364**

**FOH4You.com**

Registration Code: **USDAFS**

- ▶ Personal and work-related problems can diminish your health, happiness, and ability to be at your best for yourself and your family.

With the help of your Employee Assistance (EAP) and WorkLife Programs, provided by Federal Occupational Health (FOH), you can resolve these issues and become healthier, more fulfilled, and better able to manage personal and work responsibilities both on and off the job.

### ▶ COUNSELING

Licensed or credentialed professional counselors provide face-to-face or virtual, short-term counseling to federal employees and their family members. Counselors can also provide referrals to community resources based on client needs, health insurance coverage, and financial resources.

### ▶ LEGAL AND FINANCIAL SERVICES

FOH's EAP includes free initial consultation with licensed attorneys and financial experts to provide assistance with your legal and financial questions. Services include help with living wills and health care powers of attorney, housing or real estate matters, retirement and estate planning, education funding, and investment strategies.

### ▶ WORKLIFE PROGRAM

FOH's WorkLife program includes expert guidance from WorkLife specialists, personalized referrals to helpful resources nationwide to help with caregiving needs, daily life challenges, and major life events. Specialists will help you find child care, senior care, fitness centers, schools, adoption resources, home improvement professionals, pet care, and more—all with confirmed availability.

### ▶ CONVENIENT ACCESS

Simply call the toll-free number to receive immediate assistance. Or, visit us online for easy access to a wide range of online tips and tools including articles, webinars, moderated discussion groups, education guides, self-assessment tools, and specific information on available services and benefits.