

# 5 Things to Know in 5 Minutes About the Sentara Employee Assistance Program



## 1 Helpful resource

Sentara EAP (Employee Assistance Program) is a resource to help you overcome life's challenges, solve personal concerns, and address work-related issues. Our services are confidential, short-term, and solution-focused.

## 2 Extends to you and household members

Sentara EAP services are available to all members of your household at no cost. The benefit provides up to \_\_\_\_\_ (\_\_\_\_) counseling sessions per presenting issue.

## 3 Free and convenient

Sentara EAP services are paid for by your employer and available at no cost to you or your household members. Call **1-800-899-8174** and our representatives will work to schedule an appointment with a counselor near you.

## 4 Confidential

Confidentiality is an important component of our program. Discussions with our counselors are protected by strict Protected Health Information (PHI) privacy laws. Sentara EAP will not share any PHI, either in written or verbal form, unless you give prior consent.

## 5 Easy to contact us

Our phones are personally staffed and answered 24 hours a day, 365 days a year. You do not need to go through your manager or the Human Resources Department to access EAP services. Additional online resources are available by signing in to **sentaraEAP.com**.

Username: \_\_\_\_\_



**Call us at 1-800-899-8174 or visit [sentaraEAP.com](https://www.sentaraEAP.com) for more resources.**