

Employee Assistance Program—EAP

We provide you and the members of your household access to the Employee Assistance Program (EAP) at no cost to you.

EAP can help with a wide range of issues, including:

- ◆ Up to 5 sessions with a licensed clinician per issue, per individual, per calendar year. You choose between in-person sessions with a provider from LifeWorks' extensive network or convenient and easy telephonic consultations with a licensed LifeWorks clinician. Call 888-319-7819 anytime to speak with a clinician, request a referral, or schedule an appointment.
- ◆ Legal Services: Consultations for issues relating to civil, consumer, personal and family law, financial matters, business law, real estate, estate planning and more
- ◆ Financial Services: Budgeting, credit and financial guidance (investment advice, loans and bill payments not included), retirement planning and assistance with tax issues.
- ◆ Childcare and Eldercare Assistance: Consultation plus referrals to childcare and eldercare providers.
- ◆ Identity Theft Recovery Services: Information on ID theft prevention, plus an ID theft emergency response kit and help from a fraud resolution specialist if you are victimized.
- ◆ Daily Living Services: Referrals to consultants and business that can help with event planning, transportation services, pet services and more (does not cover the cost nor guarantee delivery of vendors' services).
- ◆ Online Member Services: LifeWorks' EAP website and app features a wide range of tools and information to help you take charge of your well-being and simplify your life. Log on to metlfeeap.lifeworks.com using the username and password below to get started.

Call toll-free 888-319-7819 or visit the website at metlfeeap.lifeworks.com

username - metlfeeap / password - eap