

What is Employee Assistance?

When managing a high-pressure job, it's not easy to deal with the demands of family and everyday life. Today's fast-paced lifestyles make pressures and concerns seem overwhelming. Finding the time to deal with these issues may seem impossible. To address work/life challenges, turn to ACI EAP for personalized solutions.

Your EAP is a company-paid, results-oriented service with resources designed to address everyday problems. These resources include: assessment, referral, and brief sessions with a qualified mental health professional; unlimited childcare, eldercare, and pet care referrals; unlimited telephonic financial and legal assistance; identity theft resources; education and scholarship referrals; enhanced consultation, referrals and resources regarding any personal service; and much more.

The EAP is **paid for** by your employer, **confidential, easy to use**, and available to all **family members**.

This Program is For You!



“My EAP showed me new ways to deal with my everyday stress. Today I'm very happy, love my job, and am so grateful that the EAP was there when I needed it.”

*Renee M.
Atlanta, GA*



800.932.0034

eapinfo@acispecialtybenefits.com

<http://hcrmanorcare.acieap.com>



HCR ManorCare

My **Benefits**
CARING FOR THOSE WHO CARE



employee assistance

Confidential professional service for employees and family members



Conquer Life Challenges

The EAP is designed to help with any problem affecting behavioral health, well-being, pressures outside of work, and job performance. Typical issues may include, but are not limited to:

Relationship Issues

- Marital issues
- Family issues
- Single life
- Parenting
- Blended families
- Conflict resolution

Legal/Financial

- Legal resources and referrals
- Financial planning
- Credit counseling
- Bankruptcy
- Foreclosure

Emotional Well-being

- Depression
- Managing stress
- Coping with grief
- Managing anxiety
- Substance abuse
- Healthy attitudes

Workplace Challenges

- Managing change
- Dealing with conflict
- Co-worker relationships
- Supervisory concerns
- Balancing work/life
- Time management

Work/Life and Personal Services

ACI Work/Life services are included in your EAP. ACI offers an innovative blend of direct and referral services designed to help today's busy employees and family members. Resources and referrals are provided in a broad category of personal services, including, but not limited to:

- Child care and parenting
- Elder care and aging
- Pet care
- Identity theft
- Education assistance
- Personal services
- Community based resources

Affinity™ Online

Enjoy 24-hour web access to the latest news, countless resources, interactive tools and expert opinions addressing a wide range of work/life topics. Visit www.Affinity-Online.com.

EAP is paid for by your Employer

EAP and Work/Life services have been paid for by your employer and are available at no cost to you. ACI or the Human Resources department can explain the specific benefit your company has selected.

Should help be needed beyond the EAP, you may be referred to community and other resources. Health insurance may cover some of these costs. The EAP provider will work with you to make sure the referral is affordable and meets your needs.

Simply call ACI EAP at (800) 932-0034 to speak with a professional service provider face-to-face, by phone, email, or even text! You will be asked to briefly describe your concerns so that you and the provider can develop a plan that works best for you. This plan may include assessment, brief sessions, and/or referral to other helpful resources. All contact with the EAP is strictly confidential.

Privacy is guaranteed. ACI conforms with all state and federal regulations including HIPAA to ensure strict confidentiality.

“ Because of the EAP, I was able to get through the workday without feeling so hopeless. The financial professional gave me great advice to get back on my feet and work toward a better life. ”

-Gary P.
Norfolk, VA



Specific benefits may vary depending on the corporate plan selected.

For help and information:

Contact ACI

800.932.0034

Text to 858.ACI.2094

eapinfo@acispecialtybenefits.com

