

Whether the issue is large or small, simply call the toll-free number on this brochure, any time of day or night. A professional will work with you to design solutions that suit you. We have helped people achieve:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Personal growth
- Professional success

The EAP can help you head off an issue *before* it becomes a problem. It can also help you manage life events such as marriage, divorce, the birth of a child or retirement.

You can meet with someone in person or over the phone. You also can explore our award-winning Web site, Achieve Solutions[®], for up-to-date information and interactive tools on 200 topics including depression, stress and alcohol.

Your Employee Assistance Program (EAP) Resources, Referral and Counseling Services for personal success:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Professional success
- Child and elder care



Your Employee Assistance Program (EAP) Resources, Referral and Counseling Services for personal success:

- Work/life balance
- Fulfilling relationships
- Healthy living
- Recovery
- Financial stability
- Sound mental health
- Professional success
- Child and elder care



The EAP upholds strict confidentiality standards. No one will know you have accessed the program services unless you specifically grant permission or express a concern that presents the EAP with a legal obligation to release information.

(866) 259-7909

To access Achieve Solutions[®], go to:
www.achievesolutions.net/hma

This brochure is for informational purposes only and does not guarantee eligibility for program services. ValueOptions' services do not replace regular medical care. In an emergency, seek help immediately.

EMPLOYEE ASSISTANCE PROGRAM
OFFERING CONFIDENTIAL COUNSELING, EDUCATION AND REFERRAL



Help Anytime, Anywhere

HOW THE EAP WORKS

To talk to someone about your feelings, call the toll-free number on this brochure. Your call will be answered by a master's-level clinical professional who will listen, help sort things out and collaborate with you to come up with a workable plan of action.

Your EAP counselor may continue to work with you directly, or may refer you for a telephonic consultation or to another professional in your community for counseling, resources or specialized treatment. If you choose, your counselor will research the most appropriate options and whether extended services are covered under your health plan.

For Managers

Managers can receive one-on-one confidential information, resources, expert advice and counsel on a variety of workplace challenges, including:

- Absence
- Aggression and violence
- Alcohol and drug abuse
- Workplace traumatic events
- Change and transition

Additional Services

IN ADDITION TO THESE CORE SERVICES, YOUR EAP ALSO OFFERS THE FOLLOWING:

- **GUIDANCE ON LEGAL AND FINANCIAL CHALLENGES**, including divorce, domestic violence, estate planning, mortgage issues and family budgeting. When appropriate, your EAP counselor can refer you to a carefully screened attorney or financial counselor.
- **WORKLIFE SERVICES**, including Web-based information regarding child care, adult care and academic service providers in your area or around the country.
- **ONLINE HEALTH AND WELLNESS PROGRAM** that features an evidence-based health and wellness library and media content. You also have access to a health assessment tool that will provide you with a personalized report highlighting important areas for personal improvement and steps you can take that will help you reach your goals.

You and your family members can access the EAP at any time—24 hours a day, 7 days a year.



Achieve Personal

Success With Your

Employee Assistance

Program

ACHIEVE THE RESULTS YOU WANT—AS A PARENT, GULF REGION, PARENTAL PENSION OR EMPLOYEE.

- Start out with a professional, caring professional.
- Receive and receive the best care possible.
- Take a more productive, healthy, vibrant existence.

Our professional counselors (100% confidential) can help you with your personal challenges, including divorce, estate planning, mortgage issues and family budgeting. When appropriate, your EAP counselor can refer you to a carefully screened attorney or financial counselor.

CONTACT YOUR EAP FOR CONFIDENTIAL COUNSELING AND ASSISTANCE ANY TIME!

1-866-259-7909

www.achievesolutions.net/ma



CONTACT YOUR EAP FOR CONFIDENTIAL COUNSELING AND ASSISTANCE ANY TIME!

1-866-259-7909

www.achievesolutions.net/ma

