



**CALL  
TODAY!**

# WITH A SINGLE STEP

You can start  
to balance your  
life and reach  
your goals.

Your employer provides you and your family with an Employee Assistance Program that can help you live the life you want. Anytime, any day, you have free, confidential access to professional consultants and online resources to assist you with these and other topics:

- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Health and well-being
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

**CALL** toll-free to speak live with a consultant.  
TOLL-FREE: **800-227-0905**

**LOG ON** to the work/life website  
to access articles, tips, links, and tools  
**[www.eacworklife.com](http://www.eacworklife.com)**

USERNAME: \_\_\_\_\_

**E-MAIL** EAC to request assistance.  
**[employeeassistancecenter@eaccare.com](mailto:employeeassistancecenter@eaccare.com)**

**ASK** your HR or benefits manager about additional  
programs available to you and your family.