

Welcome to your new Employee Assistance Program (EAP)

Effective date: February 1, 2023

Coverage for open cases with former vendor (ComPsych) through March 31, 2023

Your health and well-being are important to LCMC Health. That's why we provide medical insurance to cover your health-related needs—and an Employee Assistance Program (EAP) from VITAL WorkLife to help with your behavioral health and work/life balance.

All EAP resources are completely confidential and available at no cost to you or anyone in your household, regardless of eligibility for benefits. As your employer, we will not know who uses the resources, when or for what reasons.

Getting help is easy

Call	Online	VITAL WorkLife App
800.383.1908	<ul style="list-style-type: none">• VITALWorkLife.com• Click "Member Login"• Username: lcmc• Password: lcmc	<ul style="list-style-type: none">• Scan QR code to download app• Enter company username: lcmc• Create personalized login



Helping you face work and life challenges

Your EAP includes 24/7 in-the-moment support and counseling with licensed behavioral health consultants that can help you with health and relationship issues, achieving emotional well-being, and more. It also includes resources to find child and eldercare support, pet care, or a good contractor.

Your EAP includes the following resources:

- In-the-moment counseling support (24/7)
- Five free coaching or counseling sessions, per person, per incident
- Behavioral/Mental health counseling
- Nurse peer coaching
- Life and professional coaching
- Legal
- Financial consultations and resources
- Online work and life resources
- Assessments for six dimensions of well-being with personalized recommendations based on results.
- Establish personal goals and set reminders to stay on track

Pathways to Well-Being
800.383.1908
VITALWorkLife.com

