



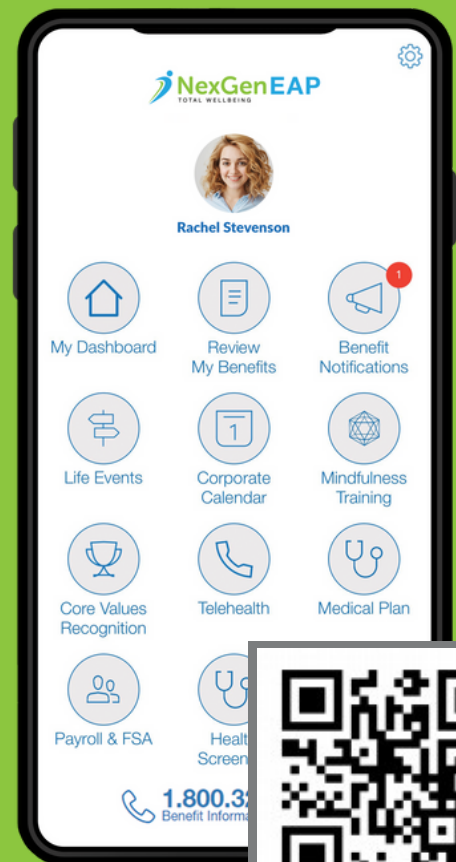
YOUR TOTAL WELLBEING & MENTAL HEALTH BENEFIT

You and your eligible family members can trust the **NexGen EAP** services to address your total well-being by providing barrier-free access to mental health and virtual life services.

CONFIDENTIAL ASSISTANCE

We ensure that your information and identity is kept completely confidential - even from your employer. Exceptions occur only when members are at risk of harming themselves or others or when the welfare of a child is in question.

Download THE APP



COMPANY ID: 8956

COMPANY ID IS NEEDED TO CREATE AN ONLINE ACCOUNT

Coaching & Counseling Services

NexGen EAP provides barrier-free access to mental health professionals and life coaches via phone, video, web, text, and chat. Connect with one of our Life Service Navigators for assistance or effortlessly schedule an appointment on your own through the **NexGen EAP** mobile app. Get support for a range of wellness needs, stress, anxiety, meditation, career development, relationship management, and much more.

Legal and Financial Consultations

Half-hour legal consultations can be used for issues including divorce, custody disputes, and wills. Discounted legal fees are also available if a longer consultation is required.

90-minute financial consultations can provide assistance with topics such as debt management, credit issues, and budgeting. ID Theft resources are also available.

Child/Elder Care Resources

NexGen EAP can assist you in finding a pediatrician, babysitter/nanny, camps, sports lessons, music lessons, college applications, and financial aid. Eldercare resources include help with housing options, assisted living facilities, Medicare, finding doctors, financial planning, and transportation.

Health Advocacy

Our Health Advocates are available to provide benefits information and assistance navigating your health plan. They can also assist with healthcare claims and appeals management, billing assistance, prescription information and costs, and healthcare provider research.

Individualized Wellness Resources

Your comprehensive, personalized Wellness Program encompasses all areas of well-being from nutrition and fitness to relaxation and restoration. Submit a wellness request, schedule a call with a Wellness Coach, or receive individualized wellness tools and resources.

Virtual Concierge

The Virtual Concierge Service features dedicated Personal Assistants available to provide you with research, referrals, or information on just about any topic including travel information, event planning, relocation, dining, entertainment, and more.

Mindfulness Training

*In partnership with **Self by Design***

To support you in building mental resilience, cognitive skills, and emotional management tools to navigate today's challenging world, our Mindfulness Training includes masterclasses on mental wellness/mindfulness, guided meditations, and a video content library full of educational videos and exercises for the mind.

Barrier-Free Accessibility

Access your Total Wellbeing Program via the **NexGen EAP** app or the online web portal. Effortlessly schedule an appointment with a counselor or coach, and get connected to the full suite of your Virtual Life Services right from your computer or phone. You can also submit requests directly to your Personal Assistant, access exclusive entertainment discounts, live chat, and start a financial or legal request.

e-Learning

Your **NexGen EAP** benefit offers online access to over 300 professional interactive training courses and self-help tools, along with other work/life resources to promote personal and professional development.

e-Learning programs include topics like wellness, conflict resolution, public speaking, effective communication, maintaining a positive attitude, time management, and much more.



WWW.NEXGENEAP.COM

1.800.327.2255

MOBILE APP: NEXGEN EAP