

# Wellbeing and work-life balance resources to keep you at your best.

MedStar Health's Employee Assistance Program (EAP) offers expert guidance to help you and your household members with everyday events and challenges.



## In-the-moment confidential support

Reach a licensed clinician by phone 24 hours a day, 365 days a year when you call for assistance.



## Short-term counseling

Professional counselors assist with a variety of personal and work-related concerns, including stress, anxiety, relationship issues, burnout, substance abuse, and more.



## Coaching

Get assistance from a coach to boost your emotional fitness, learn healthy habits, set personal and professional goals, establish new routines, build resilience, and more.



## Work-life services

Support with day-to-day challenges, such as finding reliable childcare, elder care, pet care, home improvement, or auto repair professionals.



## Legal assistance

Receive guidance and information on a wide range of legal matters, from family law to simple will preparation and estate planning.



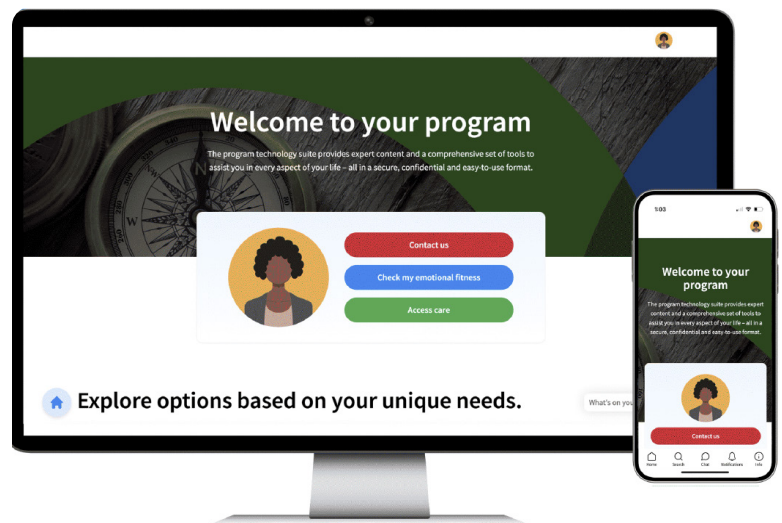
## Financial consultation

Connect with a certified financial professional on financial matters, including budgeting, debt management, and retirement planning.



## Wellness resources

Access a robust library of resources and tools to support your physical and mental wellbeing, including articles, webinars, and workshops on various health topics.



To learn more about the EAP or to request support, visit [myHRMedStar.net/EAP](https://myHRMedStar.net/EAP) or call **866-765-3277**.

**It's how we treat people.**