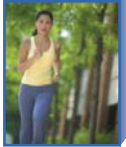


## Deer Oaks EAP Programs

*A trusted and respected leader in EAP and Work/Life services*

### Health and Wellness Resources



- Depression Management
- Nutrition, Fitness, and Weight Control
- Smoking Cessation
- Stress Management
- Substance and Alcohol Abuse

### First Responder



*A three phase program designed to help Police, Fire and Emergency Services personnel deal with:*

- Stress Management
- Coping with Traumatic Events
- The Effects of Witnessing Violence
- Healthy Communication Patterns
- Risk Patterns for Domestic Violence and Substance Abuse
- How to Access Your Confidential EAP
- Anger Management

### Employee/Supervisor Seminars



- Up to 12 hours of on-site seminars per year
- Variety of wellness seminars, orientations, supervisory training available
- DOT reasonable suspicion/drug & alcohol policy seminars
- Health fair participation
- On-site management/organizational consultation

### Eldercare Services



- Referrals for elder daycare, respite care, assisted living, and nursing homes
- Assistance accessing Medicare resources and extensive resources for issues related to aging

### Retiree Assistance



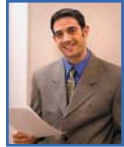
- Services are provided for up to 6 months after retirement
- Short term counseling
- Referrals to Community resources
- Access to online services

### Legal Access Services



- On-site Legal Seminars (up to 4 hours)
- Free 30-minute initial visit with in-plan attorney
- Up to 25% reduction in fees following retainer
- Review of up to 3, 6-page legal documents
- Free Simple Will Kit
- Telephone and web-based legal resources

### Financial Access Services



- On-site Financial Seminars (up to 4 hours)
- Free 30-minute initial planning session
- Up to 25% reduced rates for certified financial planners
- Online links to financial resources, budget templates, calculators
- Resources for combating identity theft

### Management Assistance



- Disaster Assistance Program
- Electronic Newsletters
- Unlimited telephone management consultation
- On-site Supervisor Training
- Management (mandatory) Referrals
- HR and Department Support

### Drug Free Workplace



- Coordinated referrals to a Department of Transportation (DOT) Substance Abuse Professional
- SAP Evaluations with recommendations and follow-up case management
- Information to assist Employee and understand "Drug Free Workplace"

### Safe Ride Home



*With "Take the High Road" your safety is our first concern. Your ride is on us. Just pay for your cab, keep the receipt, and then call us for refund instructions.*

## Deer Oaks EAP Services

*Pricing effective for groups adding services August 2012 and after.*

3 Session Model	~	\$1.08 PEPM
6 Session Model	~	\$1.41 PEPM