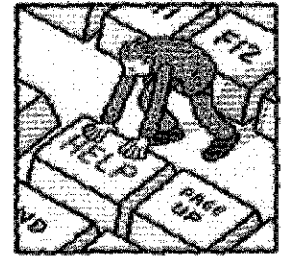


ONLINE WORK/LIFE AND WELLNESS RESOURCES

www.4eap.com

Employees and their families are able to access the best in health and wellness programs and providers through the latest online technology. To access these services, simply log on to www.4eap.com. (Contact your Human Resources Department or call 800-324-4327 to obtain your login name and password.) From there, click on either the **Work/Life Services** or **Health and Wellness** links on the left side of the page to see the following features:



Work/Life Services

Searchable Work/Life Database

Search the national work/life database containing child care, elder care, adoption, school and college resources. Searches can be done by provider type, zip code, and desired proximity.

Provider Mapping Capabilities

After a search is conducted, locate providers by displaying a map of their geographic location.

Educational Materials

Search and download a variety of educational materials. These include tip sheets, checklists, articles, licensing regulations and more! In addition, information on daily living topics, such as consumer issues, legal and financial planning, and travel and recreation are available.

Calculators

Access a variety of calculators for financial planning, health, and weight management purposes.

Health and Wellness (This link is password protected; you will need to register and create a unique user name and password in order to access these resources.)

WellTips

Provides user-friendly information about non-traditional and self-help approaches. WellTips includes a **Health Information Library** - a library of health conditions, prescription drugs, and supplements; **WellClips** - short self-help videos covering wellness topics, such as breast self-exams, prostate cancer, skin cancer, massage, and acupuncture; and **FAQs**, which answer a variety of wellness questions.

Personal Health Profiles

An individualized health risk assessment that provides recommendations for health improvement.

The Store

Online store offers a wide variety of discounted health and wellness materials, including books, videos, spa products, exercise and yoga equipment.

WellLocate

A friendly, continually updated and expanded search engine that allows consumers to locate more than 90,000 preventive health and complementary care resources, including:

- * Weight Management Professionals
- * Smoking Cessation Programs
- * Fitness/Exercise Programs
- * Dieticians and Nutritionists
- * Prenatal and Postnatal Care
- * Chiropractors
- * Naturopaths
- * Acupuncturists
- * Massage Therapists
- * Yoga Instructors



Interface EAP
Total Life Assistance™

Stress

Financial

Legal

Depression

For free and confidential assistance, call your Employee Assistance Program

(713) 781-3364 Se Habla Español
(800) 324-4327 (800) 324-2490

www.4eap.com

Marital Problems

Family Problems

Alcohol/Drug Problems

Other Referrals

Your employer has contracted with Interface EAP to provide an Employee Assistance Program.