

Information Resources:

Livingston County

One of your most important EAP Benefits

To access this benefit, you can call the EAP or log on to the website, www.theEAP.com, for thousands of articles, videos and tools to help you resolve personal problems. Find information on thousands of topics including:

- Adoption
- Mental Health
- Home Ownership
- Loss and Grief
- Family Violence
- Financial Planning
- Will Templates
- Lemon Laws
- Stress
- Work-Life Balance
- Consumer Action
- Divorce
- Elder Law
- Child Care



TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to www.theEAP.com
2. Click on the **Employee & Family Login** button
3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. If you have not registered, complete steps 4-7.
4. Click on **REGISTER HERE**
5. Enter **Livingston County**
6. Your employer's name will appear; select the button and click Continue.
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. You only need to register once.

You'll find an entire library of problem-solving resources, including assessments, trainings, videos, tools and calculators such as:

2000+ Harvard Medical School articles • Thousands of legal articles • 800,000 child/elder care providers • Personal growth programs • Mental and physical health assessments • Financial tools and calculators • Career development information • 900 health videos •

Plus, important new resources that include:

Caregiver Center - a vast array of tools and resources designed to help those providing care for a chronically ill, disabled, or aging family member or friend

Tools for Tough Times - a tool-kit to help you cope with today's tough financial pressures to provide money saving resources to help you do more with less

ESI Wellness Center - articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and overall physical fitness

Pet Resource Benefit - links, tools articles, resources and a Pet Blog to help you care for those other members of your household, your beloved pets!



More benefits than any other EAP.
www.theEAP.com • 1-800-252-4555