



What Is An Employee Assistance Program (EAP)?

Your employer has contracted for the free, confidential, and professional services of Continuum Employee Assistance to help you find solutions before any problem – large or small – adversely affects your well being, health, or job performance. We will help you and your immediate family members resolve all types of personal problems, difficult issues, and/or special challenges.

How Can Continuum Help?

Everyone experiences problems from time to time and professional help is quite often necessary. Whatever the problems, Continuum is your first step toward feeling better and finding the proper solutions. We can help with:

- | | | |
|--|---|--------------------------------|
| Marital, family, or parenting concerns | ◆ | Stress and conflict management |
| *Wellness Coaching | ◆ | **Financial and legal strains |
| Life adjustment issues | ◆ | Career and employment concerns |
| Depression and difficult life events | ◆ | Communication skill building |

***Wellness Coaching**

Continuum offers Wellness Coaching Services to assist individuals wanting to live healthier, better balanced lives. For your convenience, you may choose the telephonic and/or online coaching options.

****Financial and Legal Assistance**

When you have legal or financial questions or challenges, we have a network of experienced attorneys, financial professionals and licensed CPA's ready to assist you. Your initial consultation is free. If you further assistance, our networked professionals offer 25% discounts off their usual rates.

How Does Continuum Work?

After your first call to Continuum, an Employee Assistance Professional will meet with you for an initial assessment and help you determine the best course of action to resolve your problems. Continuum provides short-term problem solving, but if long-term assistance is necessary, we will recommend qualified, affordable resources within the community. You can also find information on our website at www.4Continuum.com.

How Much Does Continuum Cost?

Continuum services are available to you and your family at no cost. If additional help is recommended, your health insurance and/or other benefits may apply. We will advise you of the cost of additional help before any referrals are made and help you coordinate with your insurance company.

Who Do You Contact?

Simply call 402-476-0186 or toll-free at 800-755-7636 to access EAP services. All Continuum Employee Assistance professionals are licensed, have masters-level education and are nationally certified. Together, they have over 60 years of experience providing employee assistance services. Both daytime and evening appointments are available. In case of an emergency, a Continuum professional can be reached at this same number 24 hours a day.

Continuum has received national recognition for its success in working with employees since 1974.