



Plumbers and Steamfitters

EAP Benefits Reminder

For Employees and Family Members

Each of us encounters personal problems from time to time. And that is why we partner with ESI EAP to provide you with the best possible solutions for issues you or one of your family members may face. Whether it is a family problem, stress, a mental health issue, drugs or alcohol, a financial or legal issue, your EAP is there to help.

The following **FREE** benefits are available for you and all of your family members who live in your home – on a **CONFIDENTIAL** basis.

- **Unlimited Telephonic Counseling**
- **Up to three (3) face-to-face sessions per problem**
- **Legal Assistance** (1 free legal consultation per legal issue) – if you retain the attorney you will receive a 25% discount off of their fees
- **Financial Resources** (debt counseling, etc.)
- **Stress Assessment and Remediation Program**
- **Information Resources** is available for thousands of topics (*tools for tough times, pet care benefits, personal development courses, 2000 physical health videos and more*).
www.theEAP.com (make sure you create a username and password – Click on Employee & Family Login)
- **Wellness Center** – Health Risk Assessment – help with smoking cessation, fitness, dieting and stress
- **Personal Assistant** – Help with everyday issues like finding a summer camp, pet care, financial aid resources and more
- **Adoption and Special Needs Benefits**
- **Confidential** (HIPAA Compliant regulations)

Contact ESI toll-free at **800-252-4555**. All calls are **CONFIDENTIAL** and answered by a professional counselor; your counselor will provide help immediately and/or refer you to a local counselor. Or go to www.theEAP.com and create a username and password.

To access the ESI Group website:

1. Go to www.TheEAP.com
2. On the top of the screen click on the "**Employee & Family Login**" button
3. Click on **REGISTER HERE** if you haven't registered before
4. Enter your **Employer's name - Plumbers and Steamfitters -** then click the **Continue Button**
5. Your employer's name will appear, click on the circle to the left of the name and click the **Continue Button**
6. Fill out the Registration Form and create your own username and password, then click the **Continue Button**
7. You will then be taken to the website resources section. When finished viewing the numerous topics, click on "**Logout**" on the right-hand side of the screen.