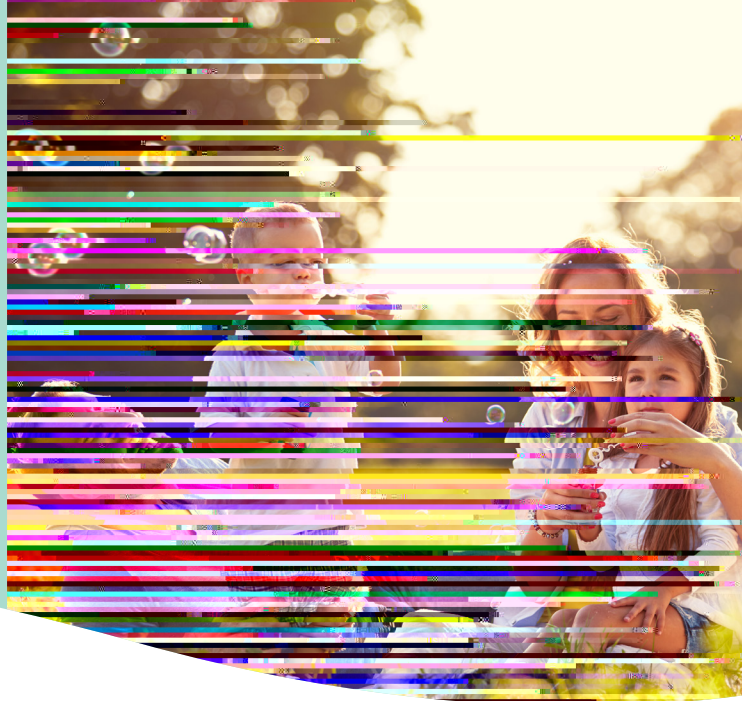


# 5 Things to Know in 5 Minutes About the Sentara Employee Assistance Program



## Helpful resource

Sentara EAP (Employee Assistance Program) is a resource to help you overcome life's challenges, solve personal concerns, and address work-related issues. Our services are confidential, short-term, and solution-focused.

## Extends to you and household members

Sentara EAP services are available to all members of your household at no cost. The benefit provides up to \_\_\_\_\_ (\_\_\_\_) counseling sessions per presenting issue.

## Free and convenient

Sentara EAP services are paid for by your employer and available at no cost to you or your household members. Call 1-800-899-8174 and our representatives will work to schedule an appointment with a counselor near you.

## Confidential

Confidentiality is an important component of our program. Discussions with our counselors are