



## Employee Assistance Program (EAP)

# No-cost, confidential support to help you reduce alcohol and substance use

Introducing Remedy, a program for employees and their adult household members

There are lots of reasons you may want to cut back or quit using alcohol or substances. It can help you save money, improve your health, sleep better, lose weight and strengthen your relationships. If you think alcohol or substances might be keeping you from the life you want to live, Remedy is here for you.

Remedy is part of your EAP, so there's no extra cost. There's no judgment or labels, either. Just encouragement, support and feeling more in control.

### Remedy features:

- Up to 20 in-person or video sessions with substance-use specialists
- No copays
- Resources to build new, healthier ways to cope
- Support that's proactive and encouraging
- 24/7 access for intake and screening
- Referrals to additional resources as needed
- Practical guidance for whatever stage you're in

### No referral is needed. Get started today!

Call the HealthPartners EAP at **866-326-7194** to learn more.

Your privacy is important to us. HealthPartners EAP provides confidential support and resources. Personal information will not be shared with your employer or health plan. If there's a significant risk of harm, we may disclose information to prevent it, following legal and ethical standards.