



Employee Assistance Program (EAP)

Complete support for alcohol and substance use

Many people feel alone when they're trying to gain control over alcohol or substance use. But in order to recover, you need support.

Remedy is a no cost, confidential program offered through your Employee Assistance Program (EAP) that can help you learn new, healthier ways to cope. You'll work with a Remedy specialist who will ask questions to assess your relationship with substance use and gather recommendations tailored to your unique needs. They will connect you with local resources to help you succeed and you will receive up to 20 Remedy counselling sessions via video or in person.

It's completely normal to feel nervous about reaching out for help, but rest assured, this service is entirely confidential. We're here to support you every step of the way.

Call your EAP at **866-326-7194** to get started.

And don't forget to sign in to **healthpartners.com/hpeap** to explore other programs and benefits offered through your EAP.

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.