

For small employer groups

## Embedded Employee Assistance Program

You have HealthPartners Employee Assistance Program (EAP) as part of your health plan. You and your employees can now turn to the EAP to get support and resources to manage stress, be more productive at work and live healthier every day.

### A program that builds resilience

Stress can distract employees. Through personal support, flexible program options and engaging communications, your employees will find ways to bounce back from stress and be positive contributors to their work, family and community.

### Comprehensive support, day or night

You'll experience full-service, ongoing support for you, your employees and your managers. Even dependents and household members can use the EAP. The EAP can help with almost anything you can think of. Encourage your employees to get started using the EAP with our promotional materials. Find them at [healthpartners.com/eaptoolkit](https://healthpartners.com/eaptoolkit).

### EAP for you and your employees

- No setup needed
- Start using it today
- 24/7 access

#### resilience

**noun** | re-sil-i-ence | \ri-'zil-yən(t)s|:

Being able to cope, bounce back and grow during stress and change

Karen Lloyd, Ph.D., HealthPartners Senior Director of Behavioral Health and Resilience

### Employee experience

**Call:** Confidential 24/7/365 support at **866-326-7194**

**Mobile:** iConnectYou mobile app to live chat with an EAP counselor

**Click:** [HPEAP.COM](https://HPEAP.COM) for articles, assessments, videos and webinars