

Have You Seen the New www.investeap.org?

Invest Employee Assistance Program invites employees of the VLCT Health Trust and PACIF to explore the dynamic new EAP website at www.investeap.org. This site is now a great tool for benefit administrators who suspect that their employees don't use EAP because they don't understand how it works or they don't grasp the range of valuable resources it offers for free.

This website has been fully revamped and loaded with useful resources, fresh graphics, additional topics, new information, more interactive tools, and engaging media. Navigation is intuitive and easy. The Member/Employees section features new topic landing pages in addition to an archive of the quarterly *EAP Messenger* newsletters and a summary of the benefits provided to employees and their household members. The topic landing pages provide overviews of the many issues that EAP addresses and have links to detailed sub-topics. The landing page topics are:

- **Family Issues** with information on parenting, divorce, aging parents, and more;
- **Mental Health** with information on anxiety, grief and loss, PTSD, and more;
- **Legal/Financial** resources such as lists of local attorneys and online financial tools;
- **Workplace** resources including positive workplace tips and disability issues;
- **Health Issues** describing problems and solutions including Alzheimer's disease, asthma, meditation, and smoking cessation; and
- **Self-Assessment** tools to help determine whether you have symptoms of emotional problems or certain addictions.

This website's greatest value is as a private and discreet format for exploring the many types of assistance that EAP offers. Most of us are so disinclined to ask for help with personal issues that often we can't imagine a way out and don't even know how to begin. Whether employees know they need significant help soon or are just curious about exactly what EAP does, the new INVEST EAP website offers 'self-serve' tools, articles, and information that can make a big difference in their quality of life. **To help break the ice, we recommend that employers show a short orientation video to all employees.** This can be distributed as an email link to employees who use a computer regularly and it can be set up for other individuals or small groups to watch on a department computer. (The computer just needs to have Flash, which is free, safe, and easy to download.)

Here is how to access your EAP's orientation video:

1. Go to www.investeap.org.
2. In the **upper right-hand corner**, log in by typing **vlct** in the white box and clicking on Login. Note: Always use this corner to log in; the Members' Login page, which asks for your name and email, is not necessary for VLCT member employees and their household members.
3. Verify that your employer is a member of either the VLCT Health Trust or VLCT PACIF. This gives you access to all of the website's functionality.
4. Click on the blue rectangle labeled Employee Orientation (prominently displayed on several pages).
5. Adjust the volume of your computer and listen to Steve Dickens explain what EAP does and how it does it.

When all employees have seen the orientation video, we expect they will be more inclined to use EAP. Getting assistance has never been easier. EAP is always available for more direct personal support 24/7 via the **toll free hotline at 800-287-2173**. For non-urgent personal assistance, employees and their household members can visit the website, click on the green “Need Assistance?” box in the right-hand margin of any topic landing page, and request that an EAP staff person respond by phone or email. Please remember and remind others that EAP remains both confidential and free of direct cost to all employees and their household members.

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