



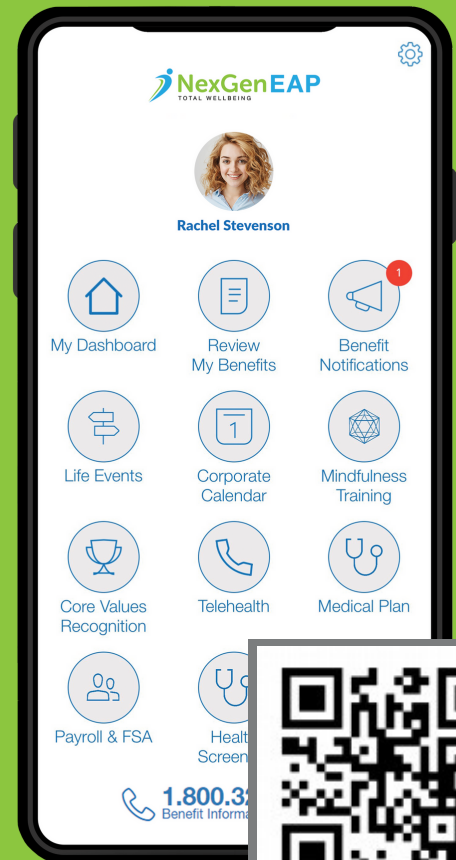
## YOUR TOTAL WELLBEING & MENTAL HEALTH BENEFIT

You and your eligible family members can trust the **NexGen EAP** services to address your total well-being by providing barrier-free access to mental health and virtual life services.

### CONFIDENTIAL ASSISTANCE

We ensure that your information and identity is kept completely confidential - even from your employer. Exceptions occur only when members are at risk of harming themselves or others or when the welfare of a child is in question.

# Download THE APP



## COMPANY ID:

COMPANY ID IS NEEDED TO CREATE AN ONLINE ACCOUNT

## Coaching & Counseling Services

**NexGen EAP** provides barrier-free access to mental health professionals and life coaches via phone, video, web, text, and chat. Either connect with one of our Life Service Navigators for assistance or effortlessly schedule an appointment on your own through the **NexGen EAP** web portal and mobile app. Get support for any wellness need from stress to anxiety, meditation, career development, relationships, and much more.

## Legal and Financial Consultations

Half-hour legal consultations can be used for issues such as divorce, custody disputes, and wills. Discounted legal fees are also available if a longer consultation is required.

90-minute financial consultations can provide assistance with topics such as debt management, credit issues, and budgeting. ID Theft resources are also available.

## Child/Elder Care Resources

**NexGen EAP** can assist you with finding a pediatrician, babysitter/day care, camps, sports lessons, music lessons, college applications, and financial aid.

Eldercare resources include help with housing options, assisted living facilities, Medicare, doctors, financial planning, and transportation.

## Health Advocacy

Our Health Advocates are available to provide benefits information and assistance in navigating your health plan. They can also assist with healthcare claims and appeals management, billing assistance, prescription information and costs, and healthcare provider research.

## Individualized Wellness Resources

Your comprehensive, personalized Wellness Program encompasses all areas of well-being from nutrition, dietary advice, and fitness to relaxation and restoration. Submit a wellness request, schedule a call with a Wellness Coach, or receive individualized wellness tools and resources.

## Virtual Concierge

The Virtual Concierge Service features dedicated Personal Assistants available to provide you with research, referrals, or information on just about any topic including travel information, event planning, relocation, dining, entertainment, and more.

## Mindfulness Training

*In partnership with **Self by Design***

To support you in building mental resilience, cognitive skills, and emotional management tools to navigate today's challenging world, our Mindfulness Training includes masterclasses on mental wellness/mindfulness and a video content library full of educational videos and exercises for the mind.

## Self-Guided Mental Health Resources

Download the **NexGen EAP** app and select "Virtual Mental Health" from the menu. Using assessments and our proprietary Life Event Technology, our easy-to-use mobile app will connect you to thousands of wellness resources including podcasts, articles, assessments, videos, activities, and so much more.

The Virtual Mental Health benefit features custom-built Solutions Paths guided by AI-driven technology to provide you with mental health and personal development resources based on your individual needs and goals.

## Barrier-Free Accessibility

Access your Total Wellbeing Program via the **NexGen EAP** app or the online web portal. Effortlessly schedule an appointment with a counselor or coach, and get connected to the full suite of your Virtual Life Services right from your computer or phone. You can also submit requests directly to your Personal Assistant, access exclusive entertainment discounts, live chat, and start a financial or legal request.



GET STARTED NOW:

WWW.NEXGENEAP.COM

1.800.327.2255

MOBILE APP: NEXGEN EAP