

## EMPLOYEE ASSISTANCE PROGRAM

ENHANCE THE WELL-BEING OF YOUR WORKFORCE WITH 24/7, NO-COST CONFIDENTIAL PROFESSIONAL SERVICES FOR YOUR EMPLOYEES AND THEIR FAMILY MEMBERS

When choosing Pacific Life for your employees benefits program, a comprehensive Employee Assistance Program (EAP) provided by **TELUS Health** is standardly included with some plans and at no additional cost.

This program offers employees financial and legal guidance, emotional support, and helps manage mental health challenges. It also provides employers with valuable benefits such as mandatory referrals and management consultations. Critical incident services, whether virtual or on-site, are available for an additional fee. Learning workshops and seminars are also available for an additional fee.

### KEY BENEFITS FOR EMPLOYEES



#### ○ Supports Employee Productivity and Satisfaction

- **Mental Health Support:** Offering a flexible “clinically appropriate” model (per person, per issue, per year) with **no pre-defined session limit\*** for professional counseling. This means your employees receive personalized care tailored to meet their individual needs.
- **Work-Life Balance:** Assistance with finding child or elder care and support with everyday life challenges, ensuring employees can focus on their work.



#### ○ Life Coaching and Mindfulness Coaching Support at No Additional Cost

- **Life Coaching and Mindfulness Coaching:** offering a dedicated coaching experience, including six free individual sessions per service with a trained specialist. These sessions are designed to support personal development, mindfulness, goal setting, work-life balance, and long-term well-being.



#### ○ Provides Legal and Financial Assistance

- **Financial Guidance:** Telephonic access to financial counselors for budgeting, retirement planning, and more.
- **Legal Services:** Telephonic access to attorneys for various issues, with a free 30-minute consultation and discounts on ongoing legal fees.



#### ○ Offers Flexible and Accessible Support, Plus Perks and Savings

- **Multiple Connection Options:** Employees can choose how they want to connect – face-to-face, telephonic, online chat, or video.
- **On-Demand Resources:** Access to a digital well-being content library, online assessments, self-guided programs, mindfulness tools, and life coaching resources.
- **Perks and Savings:** Employees can save on everyday purchases through in-store and online coupons, and exclusive lifestyle offers.

\* In no event shall TELUS Health provide more than six (6) sessions per Nevada Eligible User, regardless of issue or topic, within a rolling six (6) month period.

# SUPPORT TOPIC EXAMPLES

Life	Family	Health	Money	Work
Retirement	Parenting	Health	Saving	Time Management
Midlife	Couples	Mental Health	Investing	Work Relationships
Student Life	Separation/Divorce	Addictions	Budgeting	Work Stress
Legal	Older Relatives	Fitness	Managing Debt	Managing People
Relationships	Adoption	Managing Stress	Home Buying	Shift Work
Disabilities	Death/Loss	Sleep	Renting	Coping with Change
Crisis	Child Care	Smoking Cessation	Estate Planning	Communication
Personal Issues	Education	Mindfulness	Bankruptcy	Goal Setting
Life Coaching		Resilience		



Contact your Pacific Life representative for more information.

Pacific Life EAP powered by:



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