

# Life comes with challenges.

## Ease@Work is here to help.

Ease@Work can help you reduce stress, improve mental health, and make life easier by connecting you to the right information, resources, and referrals.

All services are free, confidential, and available to you and your family members. This includes access to short-term counseling and the wide range of services listed below:

### **Mental Health Sessions**

Manage stress, anxiety, and depression, resolve conflict, improve relationships, overcome substance abuse, and address any personal issues. 3-session model based on per issue per person per year.. .

### **Life Coaching**

Reach personal and professional goals, manage life transitions, overcome obstacles, strengthen relationships, and build balance

3- session model based on per issue per person per year.

### **Financial Consultation**

Build financial wellness related to budgeting, buying a home, paying off debt, managing taxes, preventing identity theft, and saving for retirement or tuition. Unlimited telephonic consultation.

### **Legal Consultation**

Get help with personal legal matters including estate planning, wills, real estate, bankruptcy, divorce, custody, and more. 30-minute consultation

### **Work-Life Resources and Referrals**

Obtain information and referrals when seeking childcare, adoption, special needs support, eldercare, housing, transportation, education, and pet care. Unlimited telephonic consultation.

### **Personal Assistant**

Save time with referrals for travel and entertainment, seeking professional services, cleaning services, home food delivery, and managing everyday tasks. Unlimited telephonic support

### **Medical Advocacy**

Get help navigating insurance, obtaining doctor referrals, securing medical equipment or transportation, and planning for transitional care and discharge. Unlimited Telephonic Support

### **Wellness**

Build holistic well-being with wellness coaching for nutrition, fitness, stress reduction and tobacco cessation, wellness courses, fitness videos, mindfulness exercises, and a variety of fun, engaging tools, challenges, and activities. 3-session model based on per issue per person per year.

### **Member Portal and App**

These digital tools enable you to access your benefits 24/7/365 with online requests and chat options. They also provide easy



Contact Ease@Work

Call: 800-521-3273

Visit: [easeatwork.com](http://easeatwork.com) & select Member Portal & App

Code: cmsdist

**EASE@WORK**  
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