

Employee Assistance Program (EAP)

Helping Employees Resolve Life's Issues

The concerns that cause distress in an employee's personal life can develop into bigger problems that threaten the employee's health, disrupt family life, and impact performance in the workplace. Although the motivation may be one of compassion, an employer's attempt to intervene in an employee's personal concerns can be deemed inappropriate or even illegal.

Confidential and Accessible Assistance

Fort Dearborn Life Insurance Company® of New York, through the ComPsych Corporation, offers accessibility to professional assistance for employees with personal problems or concerns. This option of purchasing EAP is extended to our group life and group disability customers.

Through a dedicated toll free number, EAP is available to employees at no cost to them and without involving the employer. Employees can access Compsych® counselors 24 hours a day, 365 days a year, when they have concerns such as:

- Mental or emotional problems
- Elder care
- Substance abuse
- Child care
- Family relationships
- Child development issues
- Marital problems
- Workplace concerns

Services from ComPsych Corporation

The EAP is administered by ComPsych Corporation, the largest Employee Assistance program provider in the industry. Founded in 1984, ComPsych has been a pioneer in the industry, known for the passion and dedication it brings to its clients. All ComPsych counselors have master's degrees and are certified employee assistance counselors or addiction counselors.



Costs for EAP

Option 1: Telephonic Counseling
 \$1.19 per employee per month

Employees can utilize Guidance Resources® Online, as well as a maximum of five telephone assessment, counseling and referral sessions per presenting problem per year. Employees will receive personalized guidance services from clinicians who have master's and doctoral degrees in social work, psychology, or behavioral health - 24 hours a day, seven days a week.

Option 2: Face-to-Face Counseling
 \$1.41 per employee per month

Employees can utilize Guidance Resources® Online, as well as a maximum of five in-person or telephonic assessment, counseling and referral sessions per presenting problem per year.