



Welcome to Your Employee Assistance Program (EAP)

Your health and are important to Kootenai Health. That's why we provide medical insurance to cover your health-related needs—and an Employee Assistance Program (EAP) from VITAL WorkLife to help with your behavioral health and work/life balance. Your EAP benefit includes a comprehensive array of counseling and online resources that can be accessed anytime, day or night. We hope you will take full advantage of them.

All your EAP resources are completely confidential and can be utilized by you and any member of your family, including your spouse or significant other, children (regardless of age or location) and even extended family members. As your employer, we will not know who uses the resources, when or for what reasons.

Your EAP includes the following resources. You can find more detailed information about some of these resources below and in the additional documents provided.

- In-the-moment counseling support, available 24/7
- (3) counseling sessions, per incident
- Nurse Peer Coaching
- Educator Peer Coaching
- VITAL WorkLife App
- Legal and Financial Consultations and Resources
- Online Work & Life Resources

Counseling: Helping You Face Work and Life Challenges

Your EAP includes both in-the-moment counseling, available anytime, day or night, as well as in-person or virtual counseling sessions with a licensed behavioral health consultant. EAP counseling is:

- Available at no cost to you and your family members
- Includes (3) in-person or virtual sessions, per incident
- Short-term and non-diagnostic
- Confidential

VITAL WorkLife can help with a wide variety of issues, including but not limited to:

- Exploring marital and relationship difficulties
- Addressing both symptoms and causes of depression, stress and anxiety
- Working through parenting and child concerns
- Assessments and counseling for problem drinking or substance use
- Coping with anger or grief and loss
- Overcoming legal and financial problems
- Tackling workplace conflicts or challenges you may be experiencing

Getting Help is as Easy as Picking up the Phone—Simply Call 800.383.1908 or Access Resources Through Your VITAL WorkLife App

When you call, one of their trained staff will take down some basic information from you to make sure they're connecting you with an appropriate consultant who you'll be able to contact to make an appointment. You decide whether you prefer in-person or virtual sessions.

If you need a long-term solution, your VITAL WorkLife counselor will work with you to find appropriate resources in your community and who are part of your health plan's network, where necessary.

Comprehensive Online Resources: Online Tools for Healthy and Productive Living

Daily life can be complex in all its facets. That's why VITAL WorkLife provides a robust [Member Website](#) where you can go 24 hours a day, 7 days a week for help with items such as child and eldercare concerns, finding pet care or a good contractor, dealing with health and relationship issues, achieving emotional well-being and more.

When you log on to your Member Website, you'll find more than 5,000 articles, audio files, online seminars on a wide variety of topics, calculators, legal and financial resources and much more.

How to Access Your Online EAP Resources:

1. Go to VITALWorkLife.com
2. Click on "Member Login"
3. Enter Username and Password: See the HR Well-Being Resources page on the Kootenai Health intranet, the Kloud

That's all there is to it. From there, you can learn more about all aspects of your EAP and access your online resources, including your legal and financial resources.

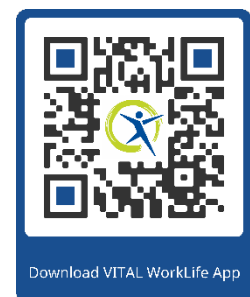
VITAL WorkLife App

Your VITAL WorkLife App can help you assess and improve your well-being and easily access your VITAL WorkLife resources whenever you need them. Through the VITAL WorkLife App, you can:

- Connect with program resources such as counseling, nurse or educator peer coaching and legal and financial resources; simply tap to call or email VITAL WorkLife.
- Take assessments for each of the six dimensions of well-being (physical, professional, relational, emotional, financial/legal, spiritual) and receive recommendations based on your results.
- Establish personal goals and set reminders to stay on track.
- Access [Insights](#) and videos, including your [EAP orientation video](#).

Download the VITAL WorkLife App from your app store and login with your credentials to access your EAP resources today.

Log-in info on the HR Well-Being Resources page on the Kootenai Health intranet, the Kloud



VITAL WorkLife Is There to Help You Improve Your Life

If you or a family member is facing a challenge, we encourage you to call before the problem gets too large. Confidential resources are available from VITAL WorkLife at no cost to you and your family members. Please don't hesitate to contact VITAL WorkLife at **800.383.1908** or through the **VITAL WorkLife App** with any questions or concerns you may have.