

Inova Employee Assistance is exclusively dedicated to serving the employer community with nationwide job performance improvement systems including employee assistance programs (EAP) and work life referral services. Inova Employee Assistance is part of Inova Health System, a not-for-profit health care system that consists of hospitals and other health services. Governed by a voluntary board of community members, Inova's mission is to provide quality care to improve the health of the diverse communities we serve.

www.inovaeap.com

800-346-0110

TDD# 877-845-6465

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Inova Workplace Health

Employee
Counseling
Service



Personal problems that affect productivity... Workplace issues affect well being...

...When life seems overwhelming, Inova Employee Assistance provides the caring support you need



Professional Help... Positive Outcomes

At one time or another, you or a household member may face problems related to:

- alcohol or substance abuse
- emotional problems
- family or marital difficulties
- financial or legal situations
- workplace stress

Facing these situations usually makes them worse. Trying to resolve them yourself may have only limited success. Professional help greatly increases the chances of a positive outcome.

For your employer, we are interested in your total well-being. That's why we are pleased to offer Inova Employee Assistance, a counseling service that helps you manage problems before they adversely affect your personal life, health and job performance.

Services are available around-the-clock. Professional counselors sensitive to cultural needs, assess situations, provide support and offer guidance. Counselors fluent in many languages also are available.

Extensive Eligibility

Full-time covered employees and their household members are eligible for Inova Employee Assistance. You or a household member may request an appointment with a counselor. In some instances, your supervisor may encourage you to use the service if you are having a work-related problem.

No-Cost Counseling

Inova Employee Assistance is a free service. However, some problems need more than short-term counseling. In those cases, counselors consider your ability to pay and convenience as well as your clinical needs before making referrals to other qualified professionals.

Your insurance plan frequently covers the costs associated with these services. Please contact your insurance provider for additional information.

Respecting Confidentiality

Inova Employee Assistance is strictly confidential. The content of your discussions remains between you and your counselor. Even supervisors who may refer you to the program never learn about your personal problems.



Ease and Convenience

Inova Employee Assistance is available around-the-clock by calling toll free:

• **1-800-346-0110** • **1-877-845-6465**

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INOVA' EMPLOYEE ASSISTANCE