

Employee Assistance Program (EAP) provided by MetLife to Maple Heights City Schools

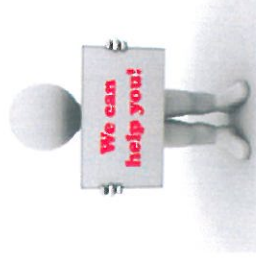
➤ Effective May 1, 2017, Maple Heights City Schools will have an EAP at no cost to members!

➤ Who is eligible?

- Employees covered by the MetLife group life insurance plan
→ All members of your household have access to the EAP

➤ What is an EAP?

- A consultative service to help members with everyday challenges of life that may affect health, family life and desire to excel at work. Issues you can get help with include:
 - ✓ Marriage, relationship and family problems
 - ✓ Health and Wellness Concerns, Stress, Anxiety
 - ✓ Legal, Financial Issues, Identify Theft
 - ✓ Problems at Work, at More!



➤ What are the benefits?

- Three (3) telephonic sessions per individual per calendar year with licensed clinicians
- Member Website providing tools and information for well-being and to help simplify life
- **Anonymous and confidential**

➤ How do I obtain services?

- By Phone: Call 1-844-763-8543 anytime to speak with a clinician or schedule an appointment.
- Online: Log onto: metlifeep.com / Username: MetLife1-3 / Password: guest

