**Subject: New EAP support services for you**

We want to tell you about some great new support services that started at the beginning of the year. These services are here to help you with personal or work challenges, and they’re all part of the Asuris Employee Assistance Program (EAP).

**What’s new for you:**

**Easy-to-use app:** Now you can get help through a simple app on your phone.

**Self-schedule appointments:** You can choose when you want to talk to someone for support.

**24/7 chat with clinicians:** Day or night, you can chat with a clinician online through the website or app.

**Online resources:** Find tools and support online that can help you with work or home life.

**Broad provider network:** There are more people you can talk to, so you can find the best help for you.

**Expert intake process:** Get to the help you need faster with a better way ofunderstanding your support needs.

**More communication options:** You can choose to talk to a counselor in person, over the phone, through video or online chat.

**Stop smoking help:** Coaching support if you want to quit smoking.

**Legal support:** Get help with legal questions and referrals from the EAP’s in-house staff of attorneys.

**Money advice:** Talk to the EAP’s in-house staff of certified financial planners and CPAs for advice on how to manage your finances.

**Help for family & more:** Get referrals for child and elder care, adoption, education, event planning, pet care and more.

**Here’s how to connect with your EAP:**

* Call 1-800-922-2687, available 24/7
* Download the GuidanceNow mobile app\*
* Visit guidanceresources.com\*
* Visit the Covered services > Resources page on asuris.com, which has an EAP tile that directs you to the EAP’s website

**\*** You’ll need to enter a one-time access code when using the mobile app or website for the first time. After entering the code, you’ll be prompted to create your username and password for future visits. **Your access code is: Asuris.**

We believe these new services will make life a little easier for you, and help you stay healthy. If you have any questions, please call Asuris at the number of the back of your member ID card.

Sincerely,

[Employer email signature]