

Step Into a Healthy Lifestyle



A balanced diet, physical activity and stress management skills can help you stay healthy for life. Take strides towards feeling good with help from your employee assistance program (EAP). Professionals are available to help you meet your health goals and to provide counseling and information about issues such as:

- healthy eating
- eating disorders
- exercise
- obesity
- weight management
- alcohol and substance abuse
- managing stress

The EAP can help get you there.

Your EAP is a confidential service available to you 24 hours a day, seven days a week.