

Your Wellness Resource Center



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Your EAP provides a Wellness Resource Center to help you learn about the areas of life in which you can have the greatest impact.



The Wellness Resource Center contains the latest, most reliable articles, videos and self-assessments for dealing with **Stress, Diet, Fitness and Smoking**.



As you increase your knowledge and understanding of these topics, you can greatly reduce your health risks and increase overall wellbeing. **You and your immediate family members** are eligible to utilize these valuable resources.



Included in the Wellness Resource Center is a General Health Risk Assessment (HRA) to help evaluate your present health status. Through a series of confidential questions and information gathering, recommendations are made for health improvements.

Your EAP is here for you and your family members!