



# Self-help Resources



*A vital benefit to help with everyday issues*

Healthcare workers face daunting challenges: budget crises, government mandates, difficult patient issues, and rapidly changing technology are just a few of the emerging issues. HealthCare EAP offers extensive resources to help healthcare workers deal with these and other professional challenges:

- Patient and Family Challenges
- Workplace Safety and Violence
- Social Media for Healthcare
- Money Saving Tools and Tips for Healthcare Workers
- Cultural Competency and Communication Challenges



**To access this benefit,** you can call the EAP or log on to the website, **[www.HealthCareEAP.com](http://www.HealthCareEAP.com)**, for thousands of articles, videos and tools to help you resolve personal problems or improve your personal or professional life. Find trustworthy information on thousands of topics including:

- Adoption & Child Care
- Personal Finance
- Emotional Wellbeing
- Parenting
- Pets
- Physical Health & Wellness
- Legal Issues
- Loss and Grief
- Stress
- Elder Care & Child Care Locators
- Workplace & Family Violence
- Work-Life Balance
- Wills and Other Legal Forms
- Training & Education

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**More benefits than any other EAP.**

**[www.HealthCareEAP.com](http://www.HealthCareEAP.com) • 1-800-252-4555 • 1-800-225-2527**

## TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to [HealthCareEAP.com](https://www.healthcareeap.com)
2. Click **Employee & Family Login**
3. If you've already created a User Name and Password, simply enter that information in the appropriate boxes.  
**If you have not registered, complete steps 4-7.**
4. Click on **REGISTER HERE**
5. Enter your employer's name and click Continue
6. Your employer's name will appear; select the button and click Continue
7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**



You'll find an entire library of problem-solving resources including assessments, trainings, videos, tools and calculators such as 2,000+ Harvard Medical School articles

- Thousands of Legal articles
- 800,000 Child/Elder care providers
- Personal Growth programs
- Mental and Physical Health assessments
- Financial tools and calculators
- Career Development information
- 900 Health videos
- Plus, important new resources that include:

### CAREGIVER CENTER

A vast array of tools designed to help those providing care for a chronically ill, disabled, or aging family member or friend.

### TRAINING CENTER

Access to hundreds of personal and professional development trainings and courses.

### LOCATORS

Search for child and elder care resources in your local area.

### RESILIENCE JOURNEY

An interactive new benefit to help you develop your maximum potential, experience less stress, less depression and improve physical and emotional health.

### ESI WELLNESS CENTER

Articles, health assessments, courses, videos, and FAQs related to dieting, nutrition, stress, smoking, and physical fitness.

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