



What is an EAP and why should you have one? EAP stands for Employee Assistance Program, and it provides counseling and work-life benefits to employees at no cost to the employee. The past couple years have been hard! We need a way to cope with life: day-to-day stress, work, relationships, emotions, and the balance of it all. Counseling can help. Many people see counseling as a last resort, or for when there is a crisis, but it doesn't have to be! You can talk to a counselor as an outlet, to learn how to balance all these challenges, or to talk about your mental health concerns. Those work-life benefits can help with childcare or eldercare resources; they provide free legal and financial consultations as well.

Through your association membership, you get a steep discount to these benefits. For small companies with under 100 employees, the typical cost of an EAP plan is thousands of dollars. We are able to offer these low-cost plans due to the aggregate membership; we treat all hospitals and clinics as if it were one large company. Hospitals can choose from a 3 or 5 session model. Employees and their dependents each get either 3 or 5 counseling sessions per year. The current cost for a hospital is \$300 per year per hospital for the 3-session model, and \$450 per year per hospital for the 5-session model. Those sessions are specifically for counseling: the phone call to start the process doesn't count as a session, a consultation with an attorney is a separate service, the work-life benefits are all independent and in addition to counseling.

Once you sign up your hospital, you will receive digital promotional materials, including flyers and a brochure. You, your employees, and dependents will then have access to all the EAP benefits for your benefit year: June 1 – May 31. Renewal is not automatic, so when you are notified in December that it is time for renewal, you can choose to renew, cancel, or even change the session plan if you prefer.

With the Great Resignation, research is finding that employees are focused on finding employers who put their needs first and make them feel valued. Besides pay, employees value a positive culture, sense of purpose, and mental health/wellbeing benefits. You can help create these key factors for your team with an EAP.

If you have questions feel free to contact Nicole Browning, Client Manager: 678.534.7625, [nicole@corpcareeap.com](mailto:nicole@corpcareeap.com). If you decide to sign up go to [corpcareeap.com/NYSVMS](http://corpcareeap.com/NYSVMS) and sign in with User Name: `corpcarenysvms` and Password: `nysvms1`