



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 few 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 on 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 they 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 \$500 - \$950 per year per hospital for the 3-session model, and \$650 - \$1150 per year per hospital for the 5-session model (cost varies by employee population). 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. And, those fees cover all your employees and their household members!

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 automatic every May but you can contact us to discontinue at any time.

With the Great Resignation and Quiet Quitting, 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, a 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, Vice President of Operations: 678.534.7625, nicole@corpcareeap.com. If you decide to sign up, go to <https://corpcareeap.com/nysvms-enroll/> and sign in with Login: corpcarenysvms and Password: nysvms1