

## Capital EAP Member Benefits Summary – NEW YORK STATE DIVISION OF THE BUDGET

Below are the allowable quantities of services available to you and to each of your immediate family members:

- **EAP Counseling** provides members with 8 free sessions with confidential, solution focused, in person, telephonic or video based services with a professional EAP counselor.
- **Dietary Therapy** provides one free scheduled in-person counseling session with a Registered Dietitian/Nutritionist (RDN)
- **Legal Referrals** provides one free ½ hour phone-based counseling session with an attorney. This includes free document review (of 6 pages max), free simple will (per NYS definitions), and a 25% discount on hourly rates.
- **Financial Referrals** provides one free 30-minute telephone-based consultation with a financial advisor.
- **Life Coaching** includes one free scheduled in-person session with a professionally trained Life Coach.
- **Group Smoking Cessation** offers free participation in SPHP 7-week “The Butt Stops Here” group smoking cessation program.
- **Phone-based Supportive & Crisis Counseling** offers 24/7 telephonic access to an on-call counselor. Calls that exceed 30 minutes may be deducted from EAP Counseling sessions.
- **Life-Balance Plus** offers support and locator assistance for aging parents/eldercare case management, children with special needs, and individuals with disabilities. It also provides inpatient referral services for addictions, mental health treatment services and medication management.
- **Employee Resource Navigation (ERN)** includes phone-based guidance locating and managing childcare, child support, food assistance, DSS and Medicaid, bank levees, domestic violence, utility disconnections, housing, transportation, immigration and more.
- Online resources include free access to exclusive mental health articles and archives, Non-crisis email and web-based support, and on-demand EAP orientation videos
- **Online Mental Health Screenings** include 24/7 access to online mental health screenings for depression, anxiety, etc.
- **Monthly “MENTOR” Newsletter** provides articles written by Capital EAP counselors about mental health, nutrition, fitness, and more.
- **Open Workshops** offer free participation in all Capital EAP Behavioral Workshop classes.
- **The Center for Problem Gambling** at Capital Counseling provides free counseling, support and guidance to problem gamblers and those involved in the lives’ of the problem gambler.

As for discounted services:

- **Excelsior College** offers discounts on tuition and fees for both undergraduate and graduate programs.
- **GlobalFit** offers Lowest rates on participating gyms and health centers, and purchases of exercise equipment with GlobalFit membership.
- **Liberty Mutual** offers Exclusive discounts through Liberty Mutual insurance

Other Offerings Include:

### **Whole Family Coverage**

At Capital EAP, all of the members of your immediate family are covered including your spouse or domestic partner, any legal dependents including children and grandchildren, and any adult family members that you are caring for in your home.

### **Confidential**

Capital EAP is a clinical organization separate from your employer. Your privacy and the use of our services are protected under Federal HIPPA laws. Your employer will never know when you use Capital EAP.

### **Telephone Access**

Telephone support is available for every service we offer – from counselors to nutritionists, financial consultants, wellness coaches and even personal trainers.

### **Easy Access to Counselors**

You can access counseling how and when you need it. In person, phone-based, and through the web.

### **Counselor Chat and Interactive Services**

Not only can you chat with counselors online, Capital EAP provides you with online request forms and anonymous, interactive online health screenings that are answered by live, professional psychotherapists.

### **Health and Wellness**

Your Capital EAP benefit includes access to smoking cessation programs, dietitians, nutritionist, personal trainers and even spiritual coaches to maintain a healthy balance of mind and body.

### **Work-Life Balance**

What affects you outside of work, affects you at work. From financial and legal guidance, to assistance with community resources, aging parents, referral for treatment centers and medical specialists, Capital EAP a first stop for improving situations that distract and negatively impact your success in the workplace.

**Crisis Services**

Capital EAP maintains its own telephone-based crisis call center with a team of licensed counselors trained in crisis intervention and de-escalation.

**Education & Training**

Capital EAP provides comprehensive professional and personal skills training, educational classes and curriculums to address corporate compliance, supervisory skills development, individual improvement, and wellness and mental health education. Joining our open workshops is free to you and your family members. See the schedule and join online!

Call Capital EAP at (518) 465–3813

Visit online at [capitaleap.org](http://capitaleap.org)