



## The “I want to **take control of my stress** before it takes control of me.” Program.



Get real support  
for real life with our  
Employee Assistance  
Program (EAP).

[app.evernorth.com](https://app.evernorth.com)  
Employer ID: EASE

### We'll help you find solutions for a range of issues, such as:

- + Caregiver concerns
- + Family and relationships
- + Grief and loss
- + Emotional health
- + Stress management
- + Financial or legal issues\*
- + Job and career support needs
- + Community resource needs

It's confidential and available 24/7 to everyone  
in your household—all at no cost to you.

**EVERNORTH**<sup>®</sup>  
HEALTH SERVICES



\* Does not apply to employment-related legal issues.

Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Customers are required to pay the entire discounted charge for any discounted legal and/or financial services. Legal consultations related to employment matters are excluded. Additional restrictions may apply. Program availability may vary by plan type and location, and are not available where prohibited by law.

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