



## EAP Program Benefits

(Included in all AOI HealthChoice medical plans)

Your employer has provided you with this benefit because they know that happy, healthy employees contribute to a more productive workplace. Your employer does not know which employees use the service and which ones do not.

EASE provides free, confidential services to help you and your family with:

### **Relationships**

Communication  
Conflict Resolution  
Balancing Work & Family  
Violence

### **Emotional & Psychological**

Anger  
Depression and Anxiety  
Grief  
Self-Esteem

### **Parenting**

Relating to Teenagers  
Single Parenting  
Handling Divorce  
Effective Discipline

### **Work Difficulties**

Stress  
Career  
Effective Communication

### **Child & Elder Care**

Choosing a Caregiver  
Special Needs  
Options  
Support Groups

### **Financial**

Debt Consolidation  
Retirement Planning  
Preparing a Budget  
Investing

### **Substance Abuse**

Addictions  
Treatment Plans  
Medication  
Managing Pain

Contact EASE 24 hours a day, 7 days a week:  
503-228-3223 from Portland, Oregon  
1-800-654-9778 from outside Portland, Oregon  
Email [info@easeeap.com](mailto:info@easeeap.com)

EAP program Information:

- EAP coverage is included with enrollment in an AOI HealthChoice medical plan. You will automatically receive EAP benefits through EASE, Inc.
- Benefit provided is 3 in-person visits with a counselor per issue, annually. There is no cost (copay or coinsurance) to the employee for the first 3 visits.
- Counseling or any other contact between an employee and EASE, Inc. is completely confidential.