



# Symmetry Wellness & The University of Toledo **WELL-EAP Program**

The University of Toledo offers its employees and their family members a **free** WELL-EAP program that includes Counseling, Coaching, Wellness, and Work/Life Services. This benefit provides **professional, confidential** assistance with life's challenges which most of us face at one time or another. A sampling of the services includes:

### ***EAP & Coaching***

- » Relationships
- » Life Goal Coaching
- » Alcohol & Drug Use
- » Stress & Depression
- » Financial Difficulties
- » Parenting Issues
- » New Manager Coaching
- » Many Other Challenges

### ***Wellness Services***

- » Exercise Guidelines
- » Cholesterol Management
- » Wellness News & Resources
- » Nutrition Management
- » Weight Management
- » Smoking Cessation Support

### ***Work/Life Services***

- » Child Care & Locators
- » Adoption Assistance
- » Emergency Services
- » Elder Care
- » Errand Services
- » Savings Center & More
- [www.worklifeexpress.com](http://www.worklifeexpress.com)
- Username: UT
- Password: worklife

The WELL-EAP (Employee Assistance Program) is provided through an agreement between UT and Symmetry Wellness. Your benefit includes:

- » **Confidential** and **professional** help
- » **No cost** to you
- » **5 free sessions** per EAP challenge, per year
- » **5 free Wellness Coaching sessions** per challenge, per year
- » **Free** research consultant for Work/Life needs
- » **Employees & immediate family** covered
- » **24 hours/7 days** a week crisis coverage for EAP challenges
- » **In-person and/or telephonic** sessions available, as appropriate
- » **Day and evening** hours are available

**Call to schedule an appointment with one of our Professional EAP Counselors or Health Coaches!**

4334 Secor Road | 419.475.5338 | [www.harbor.org](http://www.harbor.org)

