



# Staying Balanced *With* Our Employee Assistance Program

## *Life balance assessment*

- Complete the assessment once per year, virtually or in person.
- This 20-minute session can be a wonderful first step toward meaningful and lasting change.
- A life balance assessment provides a general overview of how positive and negative forces in your life combine to paint your overall picture of wellness. Clinicians will assist you in setting goals and creating an action plan for achieving greater balance, success, relief and tranquility.

## *Counseling sessions*

- As part of your benefits package, you and members of your household have access to free, short-term mental health counseling sessions with a licensed clinician.
- Use up to 10 sessions per person, per year, virtually or in person. The number of sessions you need will be determined after your initial assessment with a clinician.
- EAP clinicians are trained to help with topics such as:
  - » Stress and anxiety
  - » Grief
  - » Mental health
  - » Couples and relationship conflict
  - » Drug and alcohol addiction
  - » Parenting and family issues
  - » Aging relatives
- The EAP also can connect you with resources to assist and advise with legal and financial matters. This includes free preparation of a simple will for employees.

N Good Health partners with Wayne Corporation, our Employee Assistance Program provider, to support mental health and well-being through confidential life balance assessments and counseling sessions.

### ★ **Earn points!**

You can receive 25 N Good Health program activity points for each assessment or counseling session, up to 150 points per year. Points will be awarded the month after you have the tracker tool signed by the EAP clinician and sent to N Good Health.

## **Get started**

To make an appointment, contact the EAP by calling Wayne Corporation at **(502) 451-8262**, Monday through Friday, 8 a.m. to 5 p.m. Eastern time. Indicate if you are interested in a life balance assessment, EAP counseling, or legal and financial support.



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## Employee Assistance Program Tracking Tool

Thank you for investing in your well-being by using the Employee Assistance Program to meet with a professional. You can earn 25 N Good Health program activity points for each EAP visit. Just have an EAP clinician\* sign this tracking tool, and then fax it to N Good Health at **(502) 666-7667** or scan and email it to **NGoodHealth@nortonhealthcare.org**.

**Each assessment or session is worth 25 points. You can earn up to 150 points for the year.**

\*This tracker also can be signed by a therapist you are seeing outside of EAP.

Date: \_\_\_\_\_ AHSN or spouse member number: \_\_\_\_\_

\_\_\_\_\_ was seen in the offices of  
(Employee/spouse name)

\_\_\_\_\_  
(Provider name)

Provider signature: \_\_\_\_\_

Returning this tracking tool to N Good Health is **voluntary**. All personal information obtained during EAP sessions is strictly confidential, in keeping with HIPAA regulations. No personal information will be released to any individual.

