

# Work-Life Services



You don't have to do it **Alone.**

**Methodist Healthcare EAP** provides a comprehensive work-life benefit at no cost to you. Whether you are looking to adopt a child or find care for an aging parent, our work-life specialists provide you with consultation, assessment and customized referrals for issues impacting you and your family members.



**Methodist**<sup>SM</sup>  
Healthcare

**Employee Assistance  
Program**

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*I thought I could do it all: spouse, parent, friend, employee, caregiver. Most days I could hold it together, until one day I realized I couldn't anymore. I needed help. Thankfully, my manager reminded me of my work-life benefit.*

*A work-life specialist provided referrals and resources for my elderly mother. Their assistance with the legwork saved me the time and stress of finding information on my own. Knowing my mom now has the care she needs gives me comfort and allows me to focus on other aspects of my life I'd been neglecting.*

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Your work-life benefit offers services for:

- Adoption
- Child care
- Education
- Dependent care
- Elder care

2

Invest in yourself

- Seeking help is a positive choice
- Make life's transitions easier
- Don't lose out on this valuable benefit!

3

How do you access your Work-Life benefit?

Visit [myassistanceprogram.com/mheap](https://myassistanceprogram.com/mheap) to access the online intake form or the EAP Portal. Use Code: **MHEAP** for initial registration on the Portal.