



## Summary of Services

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| <p><b>COUNSELING SERVICES</b></p> <p>Up to five (5) counseling sessions are available for issues affecting employees and their dependents. Individuals may speak with a professional counselor by phone, and the Employee Assistance Program will provide a referral to see a local counselor at no cost for issues such as:</p> | <ul style="list-style-type: none"> <li>• Anxiety and stress</li> <li>• Depression</li> <li>• Grief</li> <li>• Parenting</li> <li>• Drug or alcohol abuse</li> </ul>  | <ul style="list-style-type: none"> <li>• Transition and change</li> <li>• Relationships – individual, marital, and family</li> </ul>  |
| <p><b>FAMILY CAREGIVING SERVICES</b></p> <p>Confirmed referrals and information are available on a variety of family matters, including:</p>   | <p><i>CHILD CARE AND PARENTING</i></p> <ul style="list-style-type: none"> <li>• Prenatal care</li> <li>• Daycare/summer camps</li> <li>• Special needs services</li> <li>• Preparing students for college</li> </ul> | <p><i>ELDERCARE</i></p> <ul style="list-style-type: none"> <li>• Assisted living</li> <li>• In-home care</li> <li>• Transportation services</li> <li>• Adult daycare</li> </ul> |
| <p><b>LEGAL SERVICES</b></p> <p>Up to 30 minute phone or in-person consultation is available to help answer basic legal questions and simplify the process of obtaining legal help. Some common legal concerns include:</p>  | <ul style="list-style-type: none"> <li>• Adoption</li> <li>• Bankruptcy</li> <li>• Child custody</li> <li>• Criminal issues</li> <li>• Divorce</li> </ul>  | <ul style="list-style-type: none"> <li>• Estate Planning</li> <li>• Immigration</li> <li>• Real estate</li> <li>• Tenant’s rights</li> <li>• Mediation</li> </ul>               |
| <p><b>FINANCIAL SERVICES</b></p> <p>A telephonic consultation with a qualified financial consultant is available to assist with a variety of financial concerns such as:</p>   | <ul style="list-style-type: none"> <li>• Bankruptcy alternatives</li> <li>• Budgeting and cash flow</li> <li>• Credit issues</li> <li>• Identity theft</li> </ul>  | <ul style="list-style-type: none"> <li>• Education funding</li> <li>• Income taxes</li> <li>• Mortgages</li> <li>• Retirement planning</li> </ul>                               |
| <p><b>CONVENIENCE SERVICES</b></p> <p>The Employee Assistance Program includes complimentary referrals to convenience services to help members make the most of their money and free time.</p>   | <ul style="list-style-type: none"> <li>• Repairs</li> <li>• Moving and relocation services</li> <li>• Cleaning services</li> <li>• Car and hotel reservations</li> <li>• Sightseeing tours</li> </ul>                | <ul style="list-style-type: none"> <li>• Destination guides</li> <li>• Dining</li> <li>• Personal shopping</li> <li>• Gift Recommendations</li> </ul>                           |
| <p><b>ONLINE TOOLS AND INFORMATION</b></p> <p>EAPHelplink.com is an interactive web-based self-service solution. The site provides a wide array of life management tools to help members with a variety of personal and/or work related issues in a private and convenient manner.</p>   | <ul style="list-style-type: none"> <li>• Research articles</li> <li>• Wellness articles</li> <li>• Online trainings</li> <li>• Monthly webinars</li> </ul>   | <ul style="list-style-type: none"> <li>• Self-search locators for child, academic and adult care resources</li> <li>• And much more!</li> </ul>                                 |

For more information about your Employee Assistance Program please contact us as listed below.

Phone: 877-239-8783

Website: [www.EAPHelplink.com](http://www.EAPHelplink.com)

Company Code: kcleap5



**KANSAS CITY LIFE**

GROUP BENEFITS