

HALCYON TOTAL WELLBEING PROGRAM OVERVIEW

EMPLOYEE ASSISTANCE PROGRAM (EAP)

HEALTH AND WELLNESS PROGRAM



CSJVRMA

2023



WHAT IS EAP?

The Halcyon Employee Assistance Program (EAP) is a health benefit, provided by **CSJVRMA** is separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

Halcyon can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.



WHO IS ELIGIBLE FOR EAP?



The employee, the employee's spouse or partner and anyone living under the employee's roof as well as dependents under age 26 living outside the home are eligible to use the program.



WHAT SERVICES ARE INCLUDED?

COUNSELING



HALCYON CAN HELP WITH

- Depression, Stress or Anxiety
- Relationship Problems
- Grief and Loss
- Family or Parenting Issues
- Substance Abuse



WHAT SERVICES ARE INCLUDED?

COUNSELING



HALCYON PROVIDES

- Comprehensive Assessments by Clinical Professionals
- In-the-Moment Support
- Identification of Primary Concern
- Referrals to Providers or Other Appropriate Resources
- Recommended Next Steps
- Short-Term Counseling



WHAT SERVICES ARE INCLUDED?

WORK-LIFE BENEFITS



LEGAL CONSULTATION

Free In-Person or Telephonic Consultation with a Licensed Attorney
No Employment Law



FINANCIAL CONSULTATION

Expert Guidance and Consultation from Financial Professionals



IDENTITY THEFT CONSULTATION

Free Consultation with Identity Theft Recovery Professional
Tailored Recovery Action Plan



DEPENDENT CARE REFERRALS

Expert Referrals to Child and Adult/Elder Care Providers, Facilities and Other Resources



“CONVENIENCE” REFERRALS

Guidance and Referrals to a Variety of Daily Living Resources: Home Improvement, Entertainment Services, Pet Care, Auto Repair, Wellness, Travel, Handymen, Volunteer Opportunities, etc.

WHAT SERVICES ARE INCLUDED?

WEB PORTAL

WWW.HALCYONEAP.COM

username: **csjvrma**

THE HALCYON EAP WEB PORTAL INCLUDES

Monthly Webinars on a Variety of Topics

Thousands of Topic-Specific Articles and Tip Sheets

Hundreds of Search Engines for Legal, Financial and Dependent Care Resources

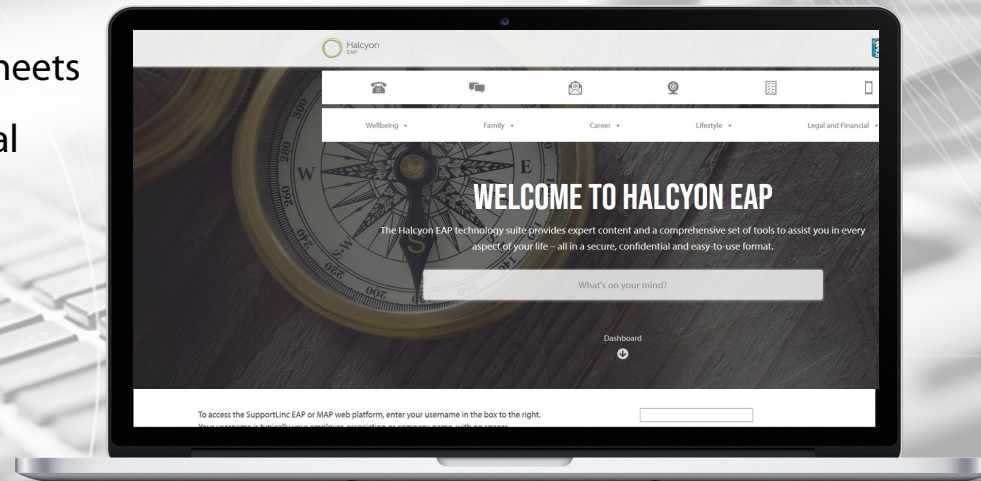
eConnect®: Video and Web Chat Counseling Platform

Discounted Gym Memberships

On-Demand Education

Mindfulness Resources

First Responder Toolkit



WHAT SERVICES ARE INCLUDED?

MOBILE APP

PRIMARY FUNCTIONS

Call the Halcyon EAP Anytime, Around-the-Clock

Live Chat with a Halcyon Counselor

Request Information About the Halcyon EAP

Review a Summary of the Program

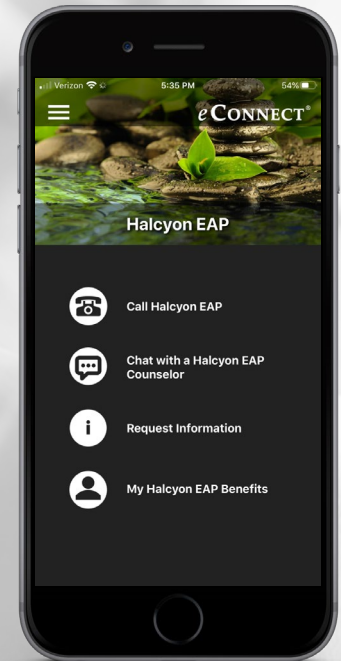
ADDITIONAL FEATURES

Connectivity to the Mobile-Friendly EAP Web Portal

Resource Toolkit, Arranged by Topic

Request a Callback from a Halcyon Counselor

Schedule Video Counseling Through Counselor Connect



TEXTCOACH™

TEXT THERAPY THAT GOES WHERE YOU GO

PRIMARY FUNCTIONS

Boost Emotional Health and Wellbeing Through Exchange of Text Messages, Voicenotes, Videos and More


Convenient Access to a Licensed Coach Anytime, Anywhere

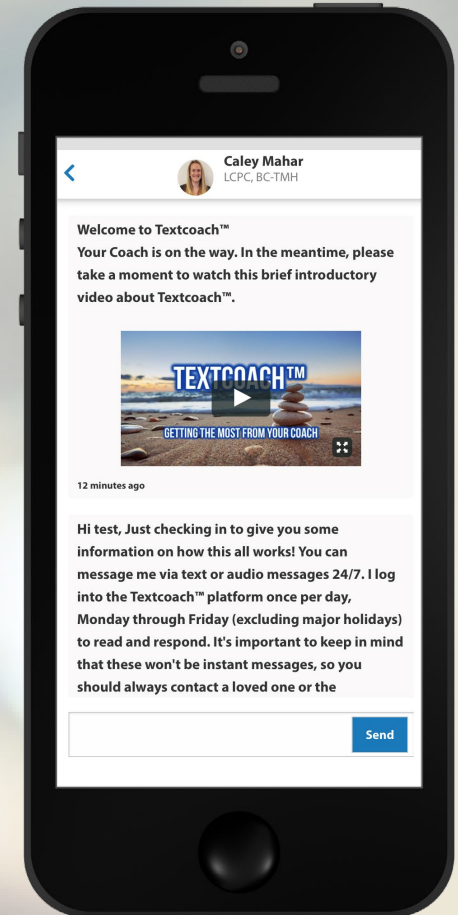
Stigma-Free and Secure Platform

ACCESS

Download the App Using the QR Code

Visit www.text.coach

Log into the Halcyon EAP Web Portal and Click the Textcoach™ () Icon





Virtual Support Connect

Confidential group support

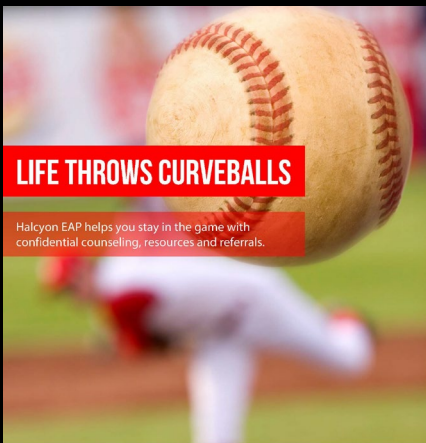
Moderated sessions

- Avoiding addiction
- Caregiver support
- Coping with stress
- Grief
- Mindfulness
- Preventing burnout
- Self care
- Sleep Fitness



halcyoneap.com
group code:
csjvrma


HOW DO I LEARN MORE?



LIFE THROWS CURVEBALLS

Halcyon EAP helps you stay in the game with confidential counseling, resources and referrals.

Support for everyday issues. Every day.

 Halcyon EAP
1-888-HAL-4800 (425-4800)
www.halcyoneap.com
Username: (your company name, with no spaces)

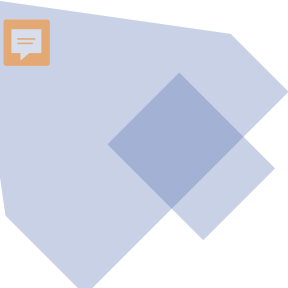


PERDIÓ SU AMOR JUVENIL?

A veces las relaciones no son una caminata por el parque. Para obtener ayuda para nutrir sus relaciones en el trabajo y el hogar, comuníquese con Halcyon EAP.

Apoyo para las circunstancias cotidianas. Cada día.

 Halcyon Behavioral
1-888-HAL-4800 (425-4800)
www.halcyoneap.com



productivity

Sometimes, everyday issues are the hardest ones to manage.

If stress, pressure or anxiety are making you less than 100% productive, contact Halcyon EAP for confidential support and resources.

Support for everyday issues. Every day.

4 2 5
1-888-HAL-4800
www.halcyoneap.com
Username: **csjvrma**



HALCYON HEALTH & WELLNESS

WELLBEING CAPABILITIES OVERVIEW

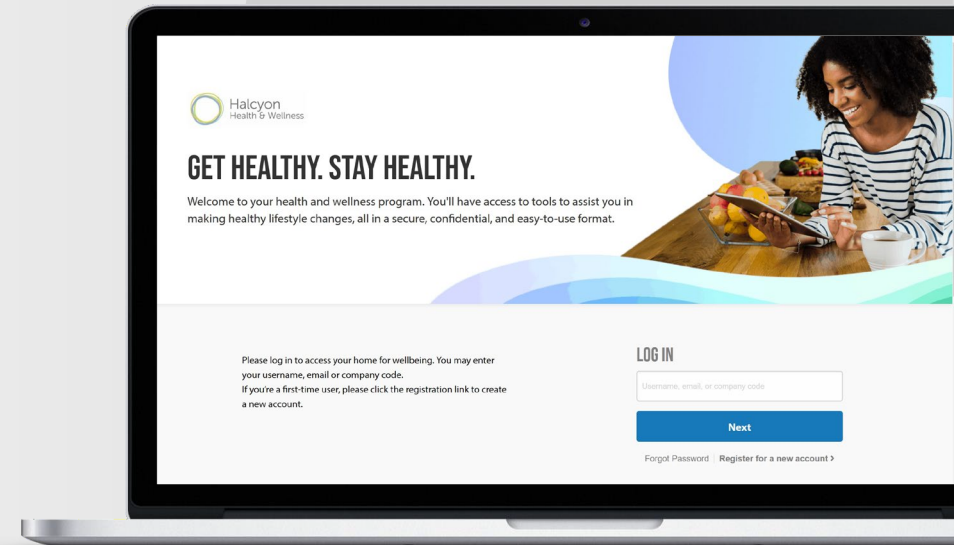


TECHNOLOGY HUB

PORTAL CUSTOMIZED FOR CLIENT

FEATURES INCLUDE

- eLearning Coaching Programs
- On-Demand Wellbeing Videos
- Wellbeing Blog
- Health Library and Monthly Webinars
- Wellness Newsletters
- Health Risk Assessment
- Gym Membership Discounts
- Dynamic Help Center
- Digital Behavioral Health Tool



MYHALCYONWELLNESS.COM

Code: cityof _____

HEALTH COACHING

- Holistic Approach
- Masters-Degreed Educators (+)
 - Licensed Behavioral Health Clinicians
 - Certified Financial Planners
- Unlimited, Telephonic and Electronic Access
- Available in English & Spanish
- Positive Psychology Approach and SMART Goal Setting
- Coaching Programs (The 'U' Suite) + Clinical Programs

UFIT ADVANCED PHYSICAL ACTIVITY

UFUEL PERSONALIZED NUTRITION

UREST SLEEP HYGIENE

UPLUSONE PRENATAL WELLNESS

UCENTS FINANCIAL FITNESS

UBALANCE STRESS MANAGEMENT

UPREVENT CANCER RESISTANCE

UBREATHE TOBACCO CESSATION

UBODY WEIGHT MANAGEMENT

UMOVE BEGINNING PHYSICAL ACTIVITY

UBEAT HEART HEALTH

U&YOURS FAMILY HEALTH

UTHRIVE DIABETES EDUCATION

UCONTROL GENERAL HEALTH & PREVENTION

WELLNESS CHALLENGES

Automated Competition Platform Challenge Templates Available

- Find Your 30 (Physical Activity)
- Unplug to Recharge (Digital Detox)
- Drop 5 (Weight Management)
- Healthy Selfie (Well-being)
- Stress Less (Stress Management)
- Counting Sheep (Sleep Quality)
- Chill Out (Meditation)
- Mood Boost (Nutrition)
- Pay It Forward (Kindness)
- Rethink Your Drink (Hydration)

Toolkit

- Promotional Tools
- Admin Access
- Participation Reporting
- Incentive Administration

Device & App Integration

- FitBit, Fuelband, Garmin, Apple, etc.

Custom Challenges Available

