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## Employee Assistance Program

4 messages

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**Cristy Peavey** <peaveyc@springvalley.k12.wi.us>  
To: Web District <webdistrict@springvalley.k12.wi.us>

Thu, Mar 9, 2023 at 8:43 AM

Good Morning!

I wanted to remind you about our Employee Assistance Program (EAP). The EAP can provide you with support and resources to help you find answers related to work, life, health, family, or money. Included in your EAP is LIFT Session Virtual Fitness. This virtual fitness platform gives you access to unlimited fitness journeys that are customized to your goals and current fitness level.

### Important Changes Effective March 1, 2023

Your EAP provider, LifeWorks, launched their new website on March 1, 2023. It has a new user-friendly interface with access to even more articles, podcasts, tools, and resources.

To access the new website, you will need to login with a username and password. The username and password will be the same for all employees.

**Website:** [www.niseap.com](http://www.niseap.com)

**Username:** NISEAP

**Password:** EAP (password is case sensitive)

You will continue to receive EAP telephonic assistance at 866.451.5465 or through their app. The current app, MYEAP is valid until May 1, 2023. The new app, LifeWorks can be downloaded on March 1, 2023, and the login information will be the same as the website listed above.

[EAP Flyer](#)

[LIFT Fitness Flyer](#)

[LifeWorks App Flyer](#)

Thank you,

Cristy

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## Embedded Employee Assistance Program (EAP) with Claimant Assist

Support for Employees\* with Life or Disability Insurance Through National Insurance Services



### The EAP Program

Everyday life can be stressful and can affect your health, well-being, and performance. Fortunately, our Employee Assistance Program can aid in finding solutions. When facing personal problems, you might struggle with where to turn for help. The first step is usually the hardest, and guidance is often the key. That's why National Insurance Services (NIS) offers an Employee Assistance Program (EAP). An EAP offers a confidential place to find the answers that work for you.

### Your EAP Service Provider

LifeWorks is a leader in the field of Employee Assistance and has been providing employee assistance services for over 40 years. LifeWorks has the experience to provide the broad range of services and guidance that is paramount to an EAP – whether it's help with day-to-day concerns or guidance through a challenging crisis. The information you discuss through the EAP is kept confidential in accordance with federal and state laws.

### The EAP Process

When you access the EAP, LifeWorks counselors listen and take action toward finding solutions. The next step may include meeting with a mental health counselor for up to three face-to-face visits, negotiating health insurance benefits, or referrals to community resources for legal and financial services.

### Referrals and Resources

You can receive information and a listing of childcare and eldercare resources with confirmed vacancies meeting your specifications. If face-to-face mental health counseling sessions are required, LifeWorks counselors will refer you for counseling at a location that is convenient to your home or work. LifeWorks counselors can also refer you to self-help groups such as Alcoholics Anonymous or Gamblers Anonymous and community financial and legal resources for debt management.

### Claimant Assist

NIS's Claimant Assist program offers special services to Long Term Disability claimants or Life Insurance

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### Under our EAP you can receive no-cost, confidential help for a wide variety of needs and concerns:

- Alcohol or Drug Addictions
- Anxiety
- Childcare
- Depression
- Eating Disorders
- Eldercare
- Family Conflict
- Financial or Legal Concerns
- Marital Difficulties
- Parenting Concerns
- Problem Gambling
- Relationship Problems
- Stress Management

### EAP Services Are Available to You Two Ways:

**Phone:** 866.451.5465  
**Online:** [www.niseap.com](http://www.niseap.com)

**Claimant Assist Services Are Available:**  
866.472.2734

\*The EAP is for use by the covered employee only. While issues may concern family members, all contacts to the EAP must be made by the employee.

beneficiaries at no charge. If you have Disability insurance coverage through NIS, our Long Term Disability Claimant Services are available to guide and counsel claimants and their immediate family members. If you have Life insurance coverage through NIS, our Beneficiary Services Program provides counseling and assistance to beneficiaries when faced with the challenge of coping with loss.

### Virtual Fitness

You have access to a virtual fitness platform through the EAP. LIFT session, one of the leading fitness providers, provides you with an easily accessible, effective and affordable way to reach your fitness goals anytime, anywhere for better health and well-being.

You can work out on your own with personalized programs and access coaches if you have questions, or choose to work under the live supervision of a coach online, in 1-1 personal or group sessions.

### Access to Masters-Degreed Counselors 24-Hours a Day Through a Toll-Free Number

Up to three in-person assessment and counseling sessions.

- **Legal Assistance:** Counselors may refer you to a telephone and/or one in-person consultation with an attorney.
- **Financial Assistance:** Telephone consultation with a financial consultant to address questions on budgeting, taxes, and debt consolidation.
- **Eldercare Assistance:** Our specialists can help you locate eldercare options, such as residential care or in home care, provide support in dealing with the emotions of retirement, or legal aspects like estate planning. Use our website to find resources on retirement, from financial planning and calculators, to articles on coping with retirement stress, and filing your retirement days with meaningful activities.
- **Childcare Assistance:** Telephone consultation with a work-life professional to provide information, referrals, and resources related to childcare concerns.
- **Memorial Planning Assistance:** Telephone consultation with a work-life specialist to assist with memorial and funeral planning. Services include identifying potential locations, associated costs for services, and providing information to help coordinate logistics (Available to Life insurance beneficiaries only).

### Your EAP and Claimant Assist Administrator:



134 North LaSalle Street, Suite 2200  
Chicago, IL 60602

#### Telephone Assistance:

EAP: 866.451.5465

Claimant Assist: 866.472.2734

#### Online:

[www.niseap.com](http://www.niseap.com)

Let us help

# LIFT session fitness

Achieve your fitness goals with unlimited fitness journeys and chat with fitness coaches

Finding a workout that fits your lifestyle is one of the most important things you can do to get started and stay consistent. With LIFT session virtual fitness through your Employee Assistance Program (EAP), you have access to unlimited fitness journeys that are customized for your goals and current fitness level.

## Fitness anytime, anywhere with coach support

LIFT session virtual fitness programs are available on your mobile device, so you can stay active anytime, anywhere. Chat live online with fitness coaches who can help with fitness, nutrition, and recovery questions you have. Each session lasts 30 minutes, and the typical journey is three sessions per week for a total duration of six weeks. No equipment required!

## How to get started

- Get started online at [workhealthlife.com/us](http://workhealthlife.com/us)
  - Head to the 'My Services' tab and scroll down to 'LIFT Session Virtual Fitness' tab
- Sign up and complete your online fitness assessment
- Start the fitness journey right for you!
- Looking for additional support? LIFT also offers 1-1 Personal Training. Learn more about this service after sign up.

The support of live coaches and personalized fitness journeys will keep you engaged, excited, and on track to hit your goals. Kick-start your fitness journey now!



## [Watch this video to learn more about LIFT session fitness](#)

To reach your fitness goals, get started with LIFT session fitness today.

Visit [workhealthlife.com/us](http://workhealthlife.com/us).

