



24/7 Support
Free & Confidential
Live Well, Live Balanced, Live Life

Call or Text 800.873.7138 | www.MINESandAssociates.com

What's Included?



Counseling

- **Up to 3 sessions** per life situation*, per contract year, for **you and each household member**
- **In-person, phone, video, or message-based options**
- **Support** for stress, anxiety, depression, family, relationships, substance use, grief, work issues, career coaching, and more

Legal & Financial

- **Free** 30-minute consult per issue
- **25% discount** on select services after consult
- **EAP sessions** can be used for financial and Medicare coaching

Work/Life

- **Unlimited** help finding childcare, eldercare, convenience services
- Includes nutrition classes, pet care, and more

Wellness

- **4 sessions** with an accredited personal wellness coach
- **4 sessions** with a parental coach or lactation consultant
- **6-week** virtual reality smoking cessation and stress reduction programs

Online Resources

- **PersonalAdvantage:** Articles, assessments, training, financial tools
- **eM Life:** Live and on-demand guided mindfulness sessions, tools, and expert instructors
- **Supportiv:** 24/7 peer group chats, moderated and confidential
- **Sukhi Wellbeing:** Interactive tools for personal resilience and professional growth

How to Access

Call or text: 800-873-7138

Email: info@minesandassociates.com

Scan the QR or visit: minesandassociates.com

Use your company code: egseap

to register for online services & free eM Life app

Contract Year: 6/1 - 5/31



*Per Life Situation: A distinct, separate and new life event. A MINES case manager will review requests for additional sets of sessions. Continuation of counseling is not a separate, distinct and new life event. This guide is for informational purposes only. Contact MINES for further details.