



Your Work/Life and Wellness Services

Through MINES and Associates Employee Assistance Program, you now receive Work/Life referral and Wellness coaching services as part of your EAP offerings. We know that when life happens, it's important to have resources. With Work/Life and Wellness Coaching, MINES can support your wellbeing better than ever and help you continue to be healthy and live life on your own terms no matter what bumps in the road you may encounter along the way.



Your Work/Life Referral Services

Finding the right dependent care provider can be a time-consuming and exhausting endeavor. You and your household members have access to unlimited specialized work/life services that provide information, research, and referrals for childcare, eldercare, and convenience services. This can include:

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Medicare/Medicaid
- Childcare centers
- Adoption Services
- New Parents/Pregnancy
- Special Needs
- Fitness Classes
- Home-based Services
- Pet Care
- Repair Services



Your Wellness Coaching

Each employee and their household members have access to a total of 4 free and confidential 20-30 minute coaching sessions per year to help reach individual wellness goals. This wellness program is URAC accredited and each professional wellness coach is board-certified. Coaches will help assess current wellness needs around a variety of topics, help set specific wellness goals, and do regular progress checks to help answer questions along the way to help you reach your wellness objectives. Topics can include weight loss, fitness, nutrition, healthy habits, stress, health concerns, caffeine reduction, injury recovery, physical training, relationship development, sleep issues, smoking cessation, and more.

These services are free of charge and available to you and your household members. For questions or to utilize these services or any of your other EAP services, including confidential counseling, please call MINES and Associates at **1-800-873-7138** and a MINES Team member will be happy to assist you.

This guide is for informational purposes only. Call MINES for specific information about benefits, limitations, and exclusions.