

Welcome to Cleveland Clinic's Lifestyle Employee Assistance Program



WHAT IS **Lifestyle EAP?**

Lifestyle EAP is an employer-sponsored benefit, providing a full range of life-balance support services: confidential, solution-oriented counseling; management and employee seminars; financial and legal consultation; parenting, adoption, childcare and eldercare support; substance abuse treatment; nutrition information; and other tools for healthy living.

LIFESTYLE EAP

Wellness at Work



Cleveland Clinic

Lifestyle EAP
Cleveland Clinic
Wellness Enterprise
Lyndhurst Campus
1950 Richmond Rd.
Lyndhurst, OH 44124
www.lifestyleEAP.com

800.989.3277

Lifestyle EAP is a division of Cleveland Clinic Wellness Enterprise comprising consumer and workplace services dedicated to health and wellness.

Cleveland Clinic is a not-for-profit multispecialty academic medical center. Founded in 1921, it is dedicated to providing quality specialized care and includes an outpatient clinic, a hospital with more than 1,000 staffed beds, an education division and a research institute.

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LIFESTYLE EAP

Wellness at Work





At Lifestyle EAP, we champion well-being and fulfillment in employees' lives by providing assistance services of the highest quality.

WHY Lifestyle EAP?

Life-changing events happen all the time. Lifestyle EAP provides assistance and guidance whenever those changes interfere with health and wellness or the ability to excel at work and home. We supply the resources you need to reach your full potential, personally and professionally.

IS THE PROGRAM CONFIDENTIAL?

Yes, absolutely. All records and information are the exclusive property of Lifestyle EAP. All Federal and state laws regarding confidentiality apply. Your privacy is strictly guaranteed.

Who can use Lifestyle EAP?

All eligible employees and their dependents living at home.

How much does it cost?

Lifestyle EAP is an employer-prepaid program, and there is no charge to you or your family members. However, if a referral is made for services outside of the program, you will be responsible for any charges not covered by your health plan.

When can I access Lifestyle EAP services?

We're here for you whenever you need us. For your convenience, appointments are available days or evenings, Monday through Saturday. Crisis phone services are available 24 hours a day, 7 days a week.

How can I access Lifestyle EAP services?

Lifestyle EAP services are available throughout the United States. Call our Lifestyle EAP member services line at **800.989.3277**. A Lifestyle EAP representative will assist you.

----- **or** -----

Visit **www.LifestyleEAP.com**. Enter your company ID to ask confidential questions, learn about benefits, and discover articles about health, wellness and preventative strategies.