



Employee Assistance Program and Wellness Coaching

APS Healthcare and the University System of New Hampshire have partnered to provide an array of specialized services for USNH employees.

We want you to feel your best. Sometimes, feeling your best requires help. USNH, in partnership with APS Healthcare, is pleased to remind you of your Employee Assistance Program (EAP) and highlight the new Wellness Coaching Program to keep you feeling on top of your game.

Employee Assistance Program (EAP)

At times, we are faced with issues, challenges, or decisions that we may feel unable to resolve on our own. On such occasions, it's a relief to have someplace to turn. Your Employee Assistance Program (EAP) is that place. Your EAP is a confidential, professional support service and referral program that works to help you identify issues that are impacting your life and create solutions that allow you to be healthier, happier, and more productive. The EAP professionals work to help you and your family members cope with a wide range of personal and professional issues such as: Stress/Anxiety, Parenting, Aging, Grief, Finances, Depression, Relationships, Marriage, Workplace Concerns, Alcohol/Drugs, Legal issues, and Family.

USNH participants and their eligible dependents have access to six (6) EAP sessions per issue per year at no charge. Services are available 24 hours a day, 7 days a week.

Wellness Coaching

We also want you to feel good *physically*. To this goal, USNH/APS provides individualized wellness coaching to help you learn how to improve your health and quality of life.

Wellness coaching typically addresses such goals as tobacco cessation, weight, stress management and nutritional counseling and is here to help you make changes to your current lifestyle that will enhance your health and make you feel even better. Who can argue with that?!

Wellness Coaching includes a personal wellness coach—a professional nurse, dietician, and/or counselor—who will work directly with you at agreed-upon times and provide you with the support, education, resources, and information you need to help you lead a healthier, happier and more productive life.

To learn more about specific services available to you or to schedule an EAP appointment or enroll in Wellness Coaching, please call 800.424.1749. For internet-based information and self-help tools, go to www.apshelplink.com and enter the access code: USNH