

EMPLOYEE ASSISTANCE PROGRAM

call: 800-433-2320 text: 503-850-7721 email: info@cascadecenters.com

Employee assistance program

A **FREE** and **CONFIDENTIAL** service for employees and their family members to get help for a wide range of personal problems.

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Who's eligible?

- **All Employees**
- **Family members/ dependents eligible for benefits**
- **Domestic Partners**
- **Dependents up to 26 years old**
- **Family members can contact EAP on their own**
 - **Provide employee's name, job title, and birth date**

Flexible points of access

24/7/365 Counseling Support

Text Support

Online Scheduling

Live Chat

Video Support

Phone Counseling

A.I. Well-being Support

All of Cascade's points of access to the EAP are secure and confidential.

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How it works

- **Contact Cascade EAP**
- **A masters level counselor answers the phone**
- **Identify yourself as an employee (or family member) of your employer**
- **Get connected with the resources needed**
- **Get immediate assistance**
- **Schedule an appointment**

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EAP service summary

Free and confidential

Personal consultation with an EAP professional

Up to **three (3)** counseling sessions per incident, per year

Crisis counseling 24/7/365

Work/family/life

Childcare, eldercare, resource retrieval,
Identity theft services

Financial coaching

Home ownership program

Legal

Consultations/mediation
Will kit questionnaire
Online legal tools

Tax preparation

EAP tools

Life coaching
Gym membership discounts
Pet insurance discounts

EAP Member Site:

Cascade Personal Advantage

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Confidential assistance

- **Marital conflict**
- **Relationship problems**
- **Conflict at work**
- **Depression/anxiety**
- **Career changes**
- **Stress management**
- **Grieving a loss**
- **Personal decision making**
- **Alcohol/drug use**
- **Referrals to community resources**



Telehealth - any time, anywhere

- **Private online counseling**
- **Text, phone & video**
- **Online scheduling**
- **HIPAA compliant**

Work / family / life services

- **Childcare and eldercare:**
Resources found based on family's specifications
- **Resource retrieval:**
Cascade will do the research and report the resources
- **Legal services:**
Consultation and online tools

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Will kit questionnaire

- **Request your simple will kit questionnaire**
- **Complete the questionnaire and return it to Cascade Centers**
- **You will be connected to an attorney for review-and preparation of a simple will**

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Tax preparation services

- **No fee to have a consultation and ask tax-related questions**
- **Staff available to prepare a personal income tax return at a discounted rate**

Identity theft services

- **Consultation and guidance
For victims**
- **Preventive tips**
- **Information about how
To restore your identity**

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Financial coaching

We Can Help You With:

Building Savings

Reducing Debt

Improving Credit

Mortgage

Budgeting

College Planning

Taxes

Joint Incomes

Buying a Home

Retirement

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Home ownership program

- **Assistance and discounts for selling, buying, and refinancing a home.**
- **On average, this service has been able to save employees \$2,000-\$6,000 of their out-of-pocket expenses.**

Life coaching

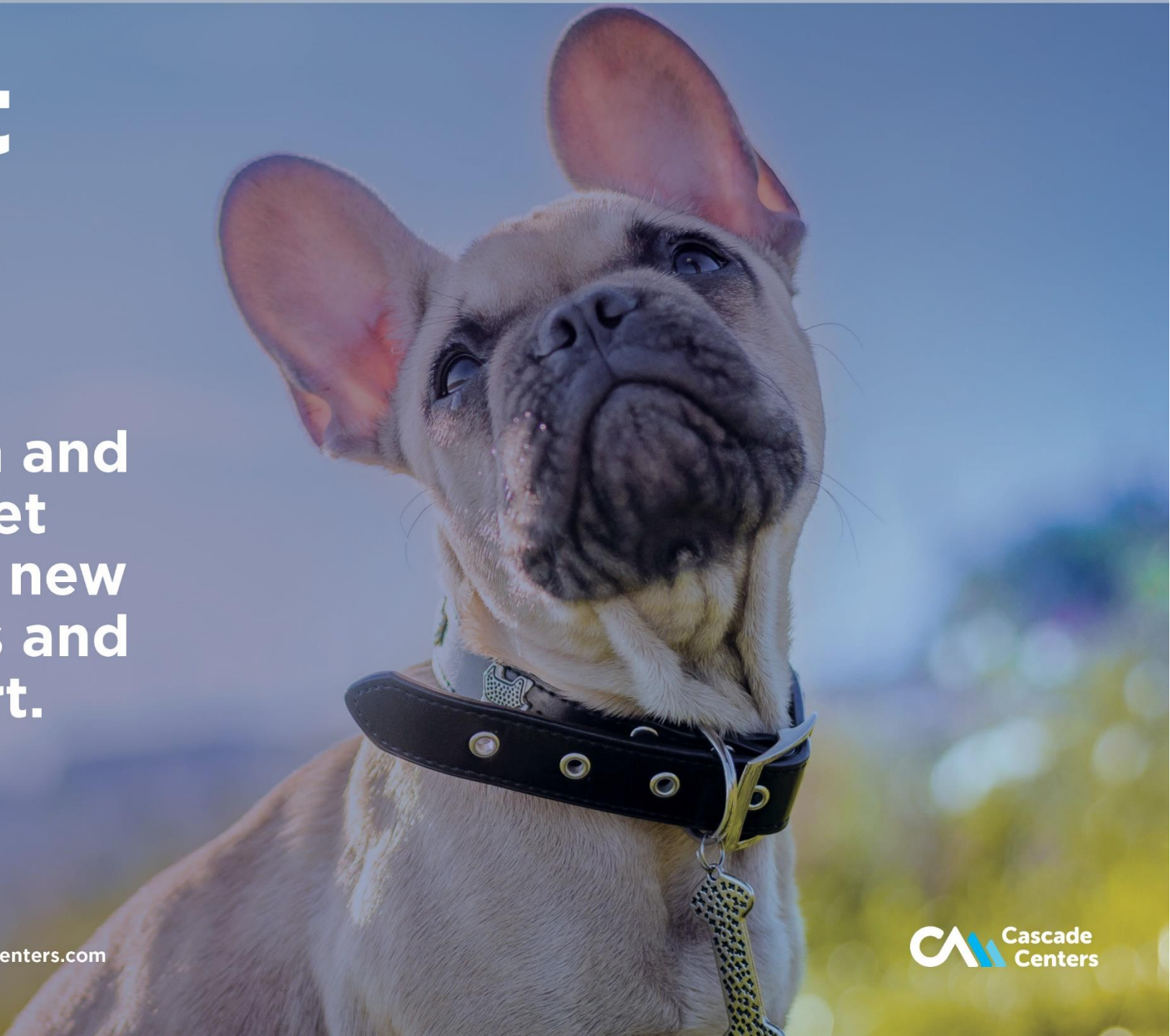
- Life transition
- Communication style
- New parent support
- Work / life balance

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Pet Parent Resources

Free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

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Gym membership discount

- Exclusive membership discounts to gyms, fitness centers, and studios
- Additional discounts on weight loss and healthy eating programs for the whole family

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EAP Member Site

- **Self-assessments**
- **Articles**
- **Videos**
- **Quizzes**
- **Courses**
- **Webinars**
- **Legal and tax forms**
- **Over 140 online calculators**
- **FAQs**



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WholeLife Directions

Start with 5 Minutes

- Take a confidential survey to support you in leading a healthier lifestyle.

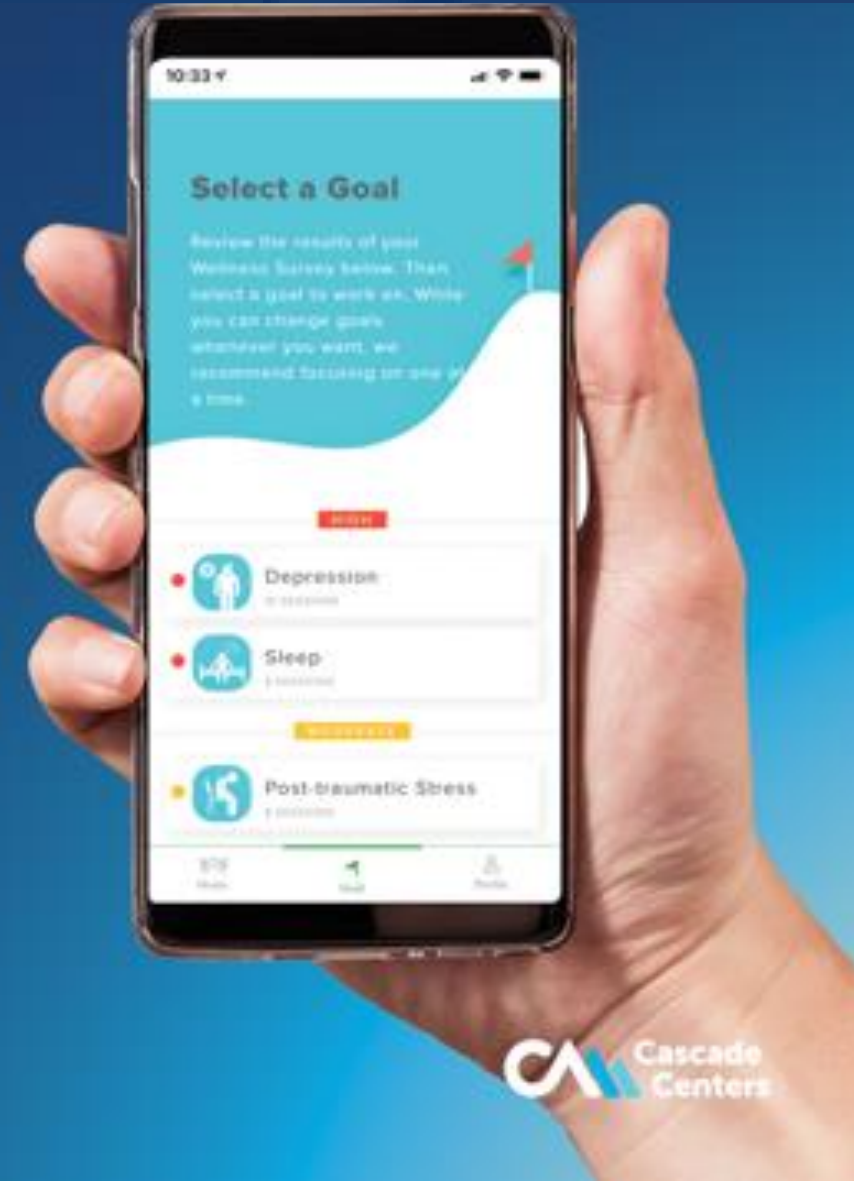
Confidential Self-Use Programs

- Relaxation and mindfulness tools, videos and engaging evidence-based content based on your unique needs.

Search *WholeLife Directions* in the:



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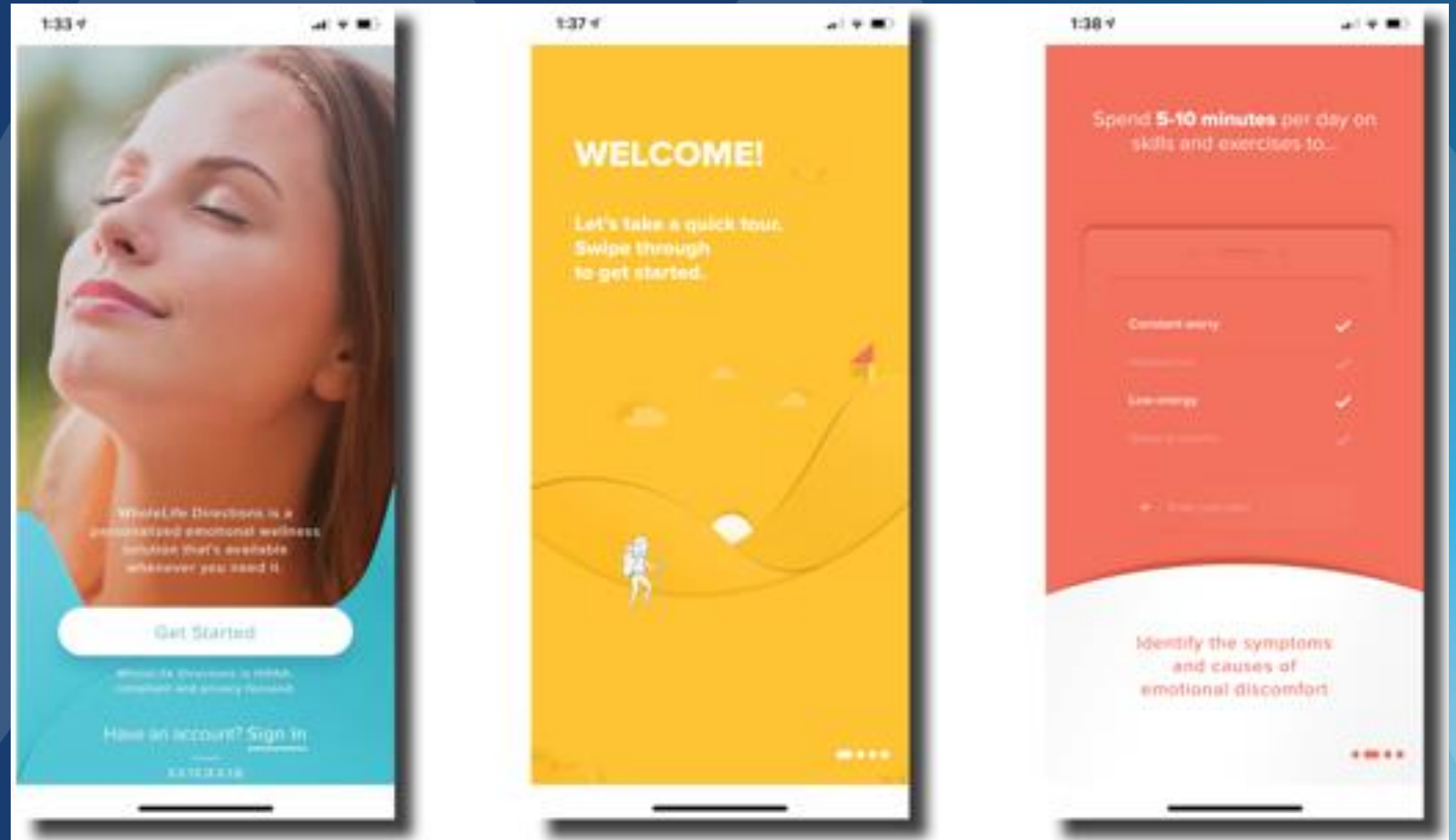


WholeLife Directions

Log into the app with
Access Code: **State of
Oregon OR PEBB** and
get started on the
survey

It'll take 5-10 minutes
to complete

Receive your
personalized results
immediately



Have any questions?

**If you have questions or if you
would like additional information,
please contact Cascade EAP.**

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Thank You

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