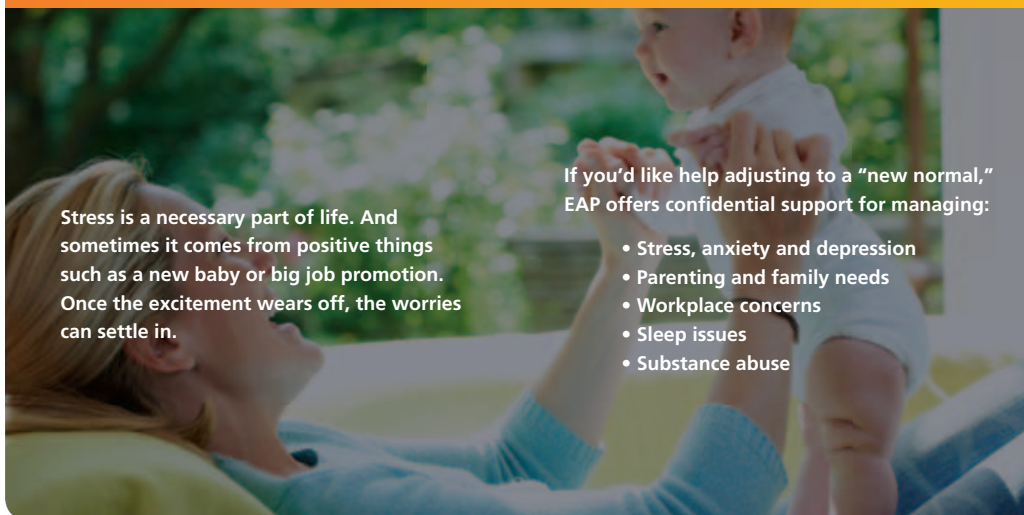


## EMPLOYEE ASSISTANCE PROGRAM (EAP)

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

This is a **confidential** program provided to you and your household members at **no cost**.



### How does it work?

Call to speak with a specialist who will listen to your needs and connect you to the appropriate resource. This includes referrals to an initial consultation with mediators, financial and/or legal experts. We'll try our best to accommodate any gender, language or cultural preferences.

### How much does this cost?

As part of your benefits, EAP services are available at no extra cost to you. This includes referrals, access to [liveandworkwell.com](https://liveandworkwell.com) and initial consultations with mediators or financial and legal experts.

Want to retain a lawyer after your consultation? You'll get a 25 percent discount.

### What other resources are available?

You and your family also have 24-hour private access to [liveandworkwell.com](https://liveandworkwell.com). This interactive website offers tools and resources to help you enhance your work, health and life. On the site, you can:

- Check your benefit information
- Use our virtual help centers to find information and resources for hundreds of everyday work and life issues
- Access financial calculators, legal articles and other tools
- Search our databases for childcare, nursing homes and other local resources
- Participate in interactive, customizable self-improvement programs

Any member of your household can use [liveandworkwell.com](https://liveandworkwell.com), even children living away from home.



Helping people find real-life solutions.  
Your Employee Assistance Program

**866-248-4096**

Or log on to [liveandworkwell.com](https://liveandworkwell.com)  
Access code: FBISD



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### Find support with onsite EAP consultations



#### Support when you need it

Consultants provide onsite assistance for a variety of issues — from worklife balance to communication strategies and beyond.



#### Getting you connected

Easy access to referrals for other services available to you.



#### Quick and easy scheduling

Easy access to referrals for other services available to you.

[Get started](#)

**This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.** This program is not a substitute for a doctor's or professional's care. This program and its components may not be available in all states and coverage exclusions may apply.

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