Employee Assistance Program

HMAA's Employee Assistance Program (EAP) is an important benefit for employees, offering assistance with personal, family, or work-related issues. EAP can help restore and strengthen the health and productivity of employees in the workplace.

What can EAP be used for?

EAP can be used to help with personal, family, or work-related issues. Examples include:

- Substance abuse
- Parenting or caregiving problems
- Financial pressures
- Problems interacting with co-workers or family members
- Company reorganization



How much does an EAP visit cost?

HMAA medical plan benefits include six (6) fully covered visits per calendar year per employee. The following services are available through self or supervisor referral, and all sessions are completely confidential.

- EAP orientations to learn more about the program and its accessibility
- Counseling with trained professionals
- Supervisor consultations to discuss options for addressing employee productivity issues
- Group educational or counseling sessions for companies or employee teams regarding workplace violence, illness, transitions, or performance issues

How can I find an EAP provider?

There are EAP providers throughout Oahu, Hawaii Island, Maui and Kauai. Follow these easy steps to find a participating provider in our network.

1. Go to www.hmaa.com/providers.
2. Click on the HWMG logo to search for providers in Hawaii.
3. Under the Specialty field, select *Employee Assistance Program Provider.*
4. Contact your desired EAP provider to schedule an appointment.

For more information about our health and wellness benefits, visit hmaa.com/wellness.