



Employee Assistance Program

Provided by

IMPACTSOLUTIONS
An AllOne Health Company



Gallagher

Insurance | Risk Management | Consulting

Employee Assistance Program (EAP)

IMPACT SOLUTIONS
An AllOne Health Company

The Employee Assistance Program is a free, confidential benefit to help employees, their household members, dependents in and away from home, and parents and parents-in-law balance work and personal issues.

Services include:

- Live, immediate assistance 24 hours a day/ 7 days a week/ 365 days per year
- 5 FREE Mental Health Counseling Sessions
- 5 FREE Life Coaching Sessions
- Legal assistance (ie: estate planning, wills, real estate, bankruptcy, divorce, custody)
- Financial consultation
- Personal Assistant (save time with referrals for travel, professional services, cleaning services and more)
- Medical Advocacy (get help navigating insurance, obtaining doctor referrals, planning)
- And much more!

Whether you would benefit from a one-time consultation or ongoing support, the EAP is available for you 24/7 by calling 1-800-227-6007 or by visiting www.MyImpactSolution.com. You can create an online account using the group code: **postdocs**.