



Mind/Body Balance

EAP

- ◆ Face to Face Counseling Sessions
by Licensed Professionals
- ◆ Toll-Free National Telephone Number 24/7
- ◆ Website: Library, Reports, Videos
- ◆ Communication Materials
- ◆ Newsletter / Trifolds
- ◆ Webinars
- ◆ Crisis Line & Intervention
- ◆ Community Referrals
- ◆ Elder & Child Care Referrals
- ◆ Legal & Financial Services

WELLNESS

- ◆ Health Coach
- ◆ Weight / Nutrition
- ◆ Smoking Cessation
- ◆ Stress Management
- ◆ Fitness
- ◆ Chronic Illness Management
- ◆ Health Library
- ◆ Gym Discounts
- ◆ Health Risk Assessment
- ◆ Biometric Screenings

Holman's Employee Assistant Program (EAP) integrated with our Wellness Program focuses on early intervention to guide individuals toward effective solutions with problems or conflicts affecting personal and work life. Early intervention through the EAP & Wellness enables resolution of a large percentage of problems before it becomes necessary to refer to more intensive and costly forms of treatment.