

# EMPLOYEE ASSISTANCE PROGRAM (EAP)

## Did You Know?

Your EAP (Employee Assistance Program) benefit offers easy access to professional, confidential counseling services through locations in De Pere and Appleton as well as through an extensive affiliate network. These counseling services are provided at no cost to you as a benefit through the City of De Pere and can help with a wide variety of personal and family issues including alcoholism, drug dependency, emotional illness and other problems. Accessing this benefit is voluntary and always confidential.

## How Do You Access The EAP?

1. Call ERC: ASSIST at 1-800-222-8590 (a licensed counselor is always available: 24/7/365)
2. Identify you are an employee of City of De Pere or a family member of a City of De Pere employee
3. Provide brief demographic information
4. An appointment will be arranged in a timely manner. Your benefit allows up to 8 counseling sessions per issue.

## Saves You Money!

When you or any dependent on the health plan go through the EAP benefit first for your counseling services, and a certification for further treatment is needed, your visits will be free – no copay, no deductible and no coinsurance if you see an in-network provider. If you choose to bypass the EAP and go directly to a treatment provider you will need to pay the copay cost of your mental health services.

If you have any questions regarding the EAP benefit or this plan design, please contact Human Resources, or the EAP directly at 800-222-8590. For more information on your EAP benefit you may visit ERC's website at [www.ercincorp.com](http://www.ercincorp.com)

**EAP**  
help. when you need it.