

# An Employee Assistance Program To Help You Find Balance in Your Life



## Your Integrated EAP, Work/Life, and Wellness Benefit

Today, more than ever, we are looking for ways to stay healthy and balance our work responsibilities with a busy family life.

Your employer offers you and your eligible family members access to NexGen EAP, a prepaid and confidential service that provides quick online or telephonic support to assist you with day-to-day issues, improve your work/life balance and enhance your wellbeing.

### Your NexGen EAP® Benefits Include:

- 24/7 access to a NexGen EAP intake specialist
- Dedicated Personal Assistants
- Wellness program
- Personalized web portal
- NexGenEAP mobile app
- Legal consultations
- Pharmacy discount card
- Counseling referrals
- Mindfulness training

### Total Wellbeing Program

Access your Total Wellbeing Program virtually via a personalized web portal where you'll find resources for:

#### **Access to quality EAP counseling**

NexGen EAP includes the coordination of confidential counseling referrals with a qualified provider.

#### **Legal consultations**

Free legal consultations on issues such as buying a home, bankruptcy, will preparation, immigration issues, ID theft resources, etc.

## Virtual Concierge services

The Virtual Concierge Service is available 24/7 to save you valuable time and help you balance the competing demands of work and life. The Virtual Concierge Service features dedicated Personal Assistants available to provide you with research, referrals, or information on just about any topic.

## Wellness program

- Comprehensive Health Risk Assessment (HRA)
- Up to three sessions with a Personal Wellness Coordinator to help navigate wellness services
- Wellness tools, trackers, and articles

## Mindfulness Training

This training includes quarterly live masterclasses on mental wellness/mindfulness and a library of education videos and exercises to help you build mental resilience, cognitive skills, and emotional management tools to navigate the challenges of today's world.

## Pharmacy discount card

Your Prescription Drug Discount Card may provide discount pricing on commonly used prescription drugs at a variety of participating pharmacies. This card cannot be used in conjunction with health insurance. Login to [www.nexgeneap.com](http://www.nexgeneap.com) to access your card.

## NexGenEAP mobile app

The NexGenEAP Mobile App gives you the ability to find information about counseling, Virtual Concierge services, and legal benefits.



To access EAP, personal assistant, wellness, or work/life services:

Simply call **1-800-960-5371** or go to [www.nexgeneap.com](http://www.nexgeneap.com) and follow these steps:

**1. Click on Member Log-in**

Enter user name and password if a returning user, or if a new user, click on **Register**

**2. Enter Company ID: PAS220**

Enter first and last name

**3. Click on Next and then continue to follow prompts**

**PAYCHEX**

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