

## ONLINE WORK/LIFE, HEALTH AND WELLNESS RESOURCES

Employees and their families are able to access unlimited self-help tools on work/life and health and wellness resources online. To access these resources, visit [www.4eap.com](http://www.4eap.com). You will be asked for a log in and password. This information can be requested by emailing [info@ieap.com](mailto:info@ieap.com) or by calling 800-324-4327. **Work/Life, Health and Wellness Resources** offer the following features:

### **Work/Life Resources**

By completing an online form, a search will be done for you by a Work/Life specialist who will