

How can we help you today?

Our Employee Assistance Program (EAP) has you covered.



As a member of the **San Diego and Imperial County Schools JPA**, you have access to our valuable Employee Assistance Program (EAP) at no cost to you. EAP personal advocates will work with you and your household members to help you resolve issues you may be facing, connect you with the right mental health professionals, direct you to a variety of helpful resources in your community and more.

Take advantage of a wide range of services offered at no cost to you:

- + **6 face-to-face virtual counseling sessions** with a counselor in your area
- + **Legal assistance:** 30-minute consultation with an attorney, face-to-face or by phone¹
- + **Financial:** 30-minute telephone consultation per concern with a qualified specialist on topics such as debt counseling or planning for retirement
- + **Parenting:** Resources and referrals for childcare providers, before and after school programs, camps, adoption organizations, child development, prenatal care and more
- + **Eldercare:** Resources and referrals for home health agencies, assisted living facilities, social and recreational programs and long-distance caregiving

- + **Pet care:** Resources and referrals for pet sitting, obedience training, veterinarians and pet stores
- + **Identity theft:** 60-minute consultation with a fraud resolution specialist



**We're here to listen.
Contact us any day,
anytime.**

For assistance anytime, call 888-736-7009
TTY/TDD users call 711

Employer ID: EASE
(for initial registration)

Visit
app.evernorth.com



1. Employment-related legal issues are not covered.

Some work/life services offered under the Employee Assistance Program may be provided by a Evernorth contracted third-party vendor.

Employee assistance program services are in addition to, not instead of, your health plan benefits. These services are separate from your health plan benefits and do not provide reimbursement for financial losses. Program availability may vary by plan type and location, and are not available where prohibited by law.

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