



Employee Assistance Program Overview

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Services provided by your employer

- Emotional/Mental Health
- Family, Home & Work
- Wellbeing Services

Basics

- Employee & adult household members
- Confidentiality
- Available 24/7
- Live and digital access
- Speed & alignment of support
- No cost to you





Blended Emotional & Mental Health Solutions

Counseling & Coaching

In the moment support (24/7)

3 sessions per issue

We assess need – next steps

Make the match – align to you

**No searching
for availability.**

It's **normal** when someone is unsure how to describe what they are feeling.

We will help you figure it out.



Blended Emotional & Mental Health Solutions

Counseling & Coaching

Peer Support

Virtual Access

12 Sessions

Topics change over time

Schedule from KGA Platform

Expert Led

Examples:

1. Addiction Recovery
2. ADHD Support
3. Bipolar Support
4. Depression support
5. Divorce Support
6. Healing after loss (grief)
7. Parent and Caregiver Support
8. Postpartum Mood & Anxiety Support
9. Stress & anxiety support



Blended Emotional & Mental Health Solutions

Counseling & Coaching

Peer Support

Digital Self Directed

KGA LifeServices platform

- Self Assessments (10 m/h)
- MindTide – app for anxiety & worry ←
- MyMindfulness Challenge
- Events – live m/h wellness webinars
- Learning:
 - Staff recommended books- 1 FREE BOOK
 - M/H library (videos, podcasts, articles, etc.)
 - Life Milestones & Challenges



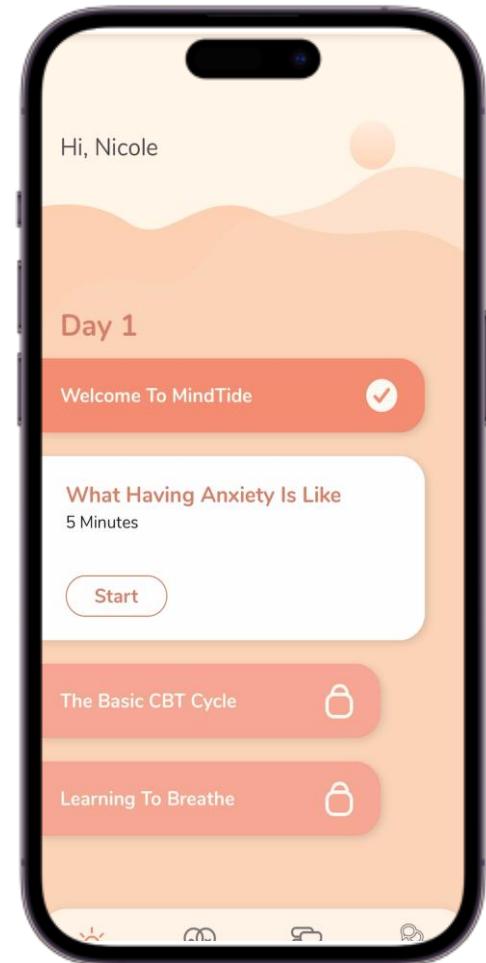
Anytime, anywhere mental health support.

Easy-to-use **exercises, courses, and audio tools:**

- ✓ Handle stress, worries, & anxiety
- ✓ Fight negative thinking
- ✓ Find calm



Your needs
Your pace
Your control





Assistance with:

- Parenting & childcare
- Eldercare
- Legal issues
- Financial issues
- Daily convenience
- Health & nutrition

- Subject matter experts
- 30-minute consultations (per issue)
- Customized research for you
- Referrals (vetted)

Caregiver Support



Parenting

Support for parenting challenges & childcare needs

Eldercare

Assistance with elder caregiving issues

Examples

- Childcare Solutions
- Summer Camps
- After School Care
- Teen Years
- Special Needs
- Adoption
- Parent Coaching

Examples

- In-home Assistance
- Assisted Living Facilities
- Skilled Nursing Homes

Experts

- Early Childhood Development Consultant
- Fertility Coach
- Parent Coach
- Special Education Consultant

Experts

- Eldercare Specialists



Legal

Consultants with an attorney for most legal issues

Examples

- Divorce & Child Custody/Support
- Estate Planning
- Landlord/Tenant Disputes
- Wills & Trusts

Experts

- In-state attorneys
- National Network of Attorneys

Financial

Expert guidance on financial matters.

Examples

- Budgeting
- Debt Management
- Homebuying Information
- Retirement Planning
- Tax Planning

Experts

- Certified Financial Planner
- Certified Tax Professionals
- Financial Counselor



Work

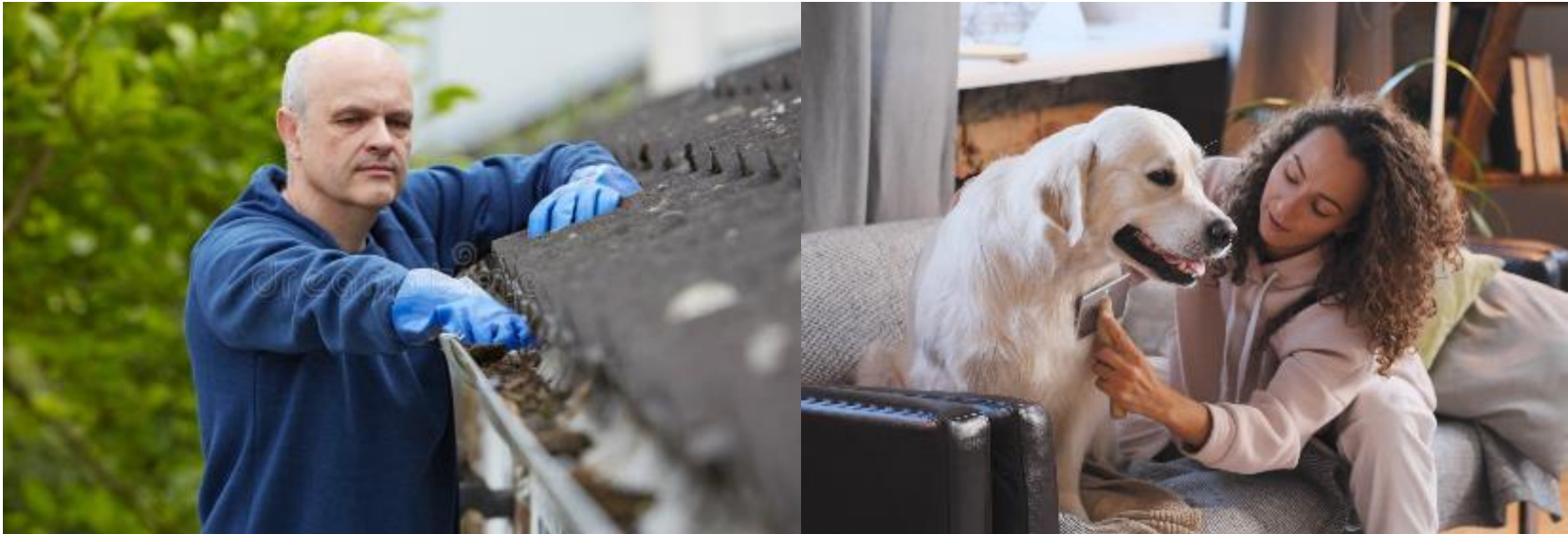
Assistance with work related stress, work/family integration, and career advancement.

Examples

- Interviewing Skills
- Job Performance Concerns
- Resume Review
- Work-Life Integration
- **Work Stress**

Experts

- Counselor/Coach
- Career Coach



Convenience Services

Assistance in finding services for family and home needs.

Examples

- Apartment & Housing Resources
- Medical Providers
- Home Improvement & Maintenance
- Pet Care

Experts

- Work-Life Consultants



Health & Nutrition

Support with wellness and nutrition issues

Examples

- Healthy Eating
- Weight management
- High Blood Pressure
- Lactation concerns
- Sleep issues

Experts

- Registered Dietitian
- Certified Lactation Consultant
- Certified Sleep Coaches

A case... is not just a case

Maria's situation:

Maria contacts KGA with concerns about care for her mother with progressing dementia. Her mother lives far away in Ohio.

Support provided

- 1 **Eldercare Consultant**
 - 3 in-home care referrals in Cincinnati
- 2 **Counselor**
 - Grief and stress
- 3 **Attorney in Ohio**
 - Discuss a healthcare proxy



Wellness content:

- Monthly live webinars
- Wellness:
 - Emotional
 - Financial
 - Sleep
 - Physical
- Mindfulness
- Self-help book recommendations

my.kgalifeservices.com

Access Made Easy



You don't have to
talk on the phone!

Get Started
Online

Call now:
800-648-9557

Schedule an
Appointment

Have us call you

KGA Mobile
(app)





Call us now at [800-648-9557](tel:800-648-9557)

[Sign in](#)

[Sign up](#)

Welcome to KGA, your employee assistance program

The help you need when you need it

Get **24/7 access to a network of experts** for:

- Mental & emotional health
- Family, home and work support

Plus, get access to **online training, tools and resources** to help you thrive. All available to you and your adult household members, at **no cost** to you.

[Get started](#)

[Watch our overview video \(3 mins.\)](#)

In crisis or need immediate support? Call 800-648-9557

✓ 100% confidential

