

Health**Advocate**@yourservice

# Real-Life Help

Assistance and resources for personal, family and work issues



Monthly Webinar • Monday, March 16<sup>th</sup>

# Realize Your Potential

## We Can Help

We all want to reach our highest potential, but there are times when we feel that we just don't—or can't—measure up. For example, we miss a promotion and wind up feeling inadequate. Or we begin to feel burned out and drained of ambition. In this edition, you will learn how Health Advocate offers FREE, confidential support and resources to help you realize your personal definition of success and lead a more fulfilled and balanced life.

And because reaching your potential depends on staying in good health, you will also see how we can help you keep on top of preventive care.

## Read on to find out how...

- ✓ **A Licensed Professional Counselor** can help you redefine your goals for success and handle any detours.
- ✓ **A Work/Life Specialist** can locate career and stress management resources.
- ✓ **The EAP+Work/Life website** provides authoritative articles about goal-setting, adopting successful work and lifestyle habits and more.
- ✓ **A Personal Health Advocate** can help you find practitioners for preventive care.



## Free! Webinar! Monday, March 16<sup>th</sup>

### Set Goals for Success

Learn to set attainable goals and develop a strategy for reaching them.

### Register now!



## Real People, Real Stories

## Redefine Success for Greater Happiness

Do you define success by the size of a paycheck? A big title? Sometimes, a too narrow definition can set you up for disappointment. For example, Steve felt that his life was a total failure after losing a major promotion at work. He turned to his Licensed Professional Counselor for guidance.

The counselor helped Steve reevaluate and invest in the other meaningful roles in his life - spouse, father, church volunteer - and to expand his interests. As Steve developed a more balanced view of his life, the counselor was able to help him reset his career goals and eventually find a rewarding position elsewhere in the company.

*What's holding you back?* Let us help.



# Feeling Burned Out?

## Turn It Around!

Feeling exhausted, cynical, annoyed, or unable to focus at work? These early signs of burnout can arise from sustaining a long-term stressful or unrewarding routine without relief!

Your Licensed Professional Counselor can help you identify what's fueling your feelings and address the issues. You will also learn coping skills like the following to maintain your balance amid the everyday stress of work:

✓ **Take short R & R breaks.**

A stroll outside, meditating or plugging into music can help reenergize you.

✓ **Adjust your attitude.**

Rediscover enjoyable aspects of your work.

✓ **Move!**

Regular physical activity can help you better relieve stress.

✓ **Get some distance.**

Regain perspective about your life and work by reconnecting with your family, traveling, walking in nature or simply doing something you enjoy.



## New Employee?

### Set a Successful Course

The actions you take as a new hire or transferee can help set a positive course for success at your job. To get off on the right foot...

- **Understand your job** and how it helps your organization.
- **Take notes**, ask questions – never assume!
- **Ask for feedback** from your supervisor about how you may improve.
- **Bond with your coworkers** – be helpful, social and let them see you're a positive addition to the team.
- **Be patient** – you can't learn everything the first week—focus on how you're improving!

**Want more assistance? Reach out to one of our experts.**

## It's National Nutrition Month!

Highly successful people reach their potential because of the good habits they follow...and this usually includes healthy eating habits. Good nutrition helps you perform at your very best.

Want to read about ways to improve your physical and mental health? Log on to your EAP+Work/Life website for dozens of articles.



## Health Advocacy

**Plus**

## EAP+ Work/Life Program



### Health Advocacy

Your Personal Health Advocate can help untangle medical bills, find qualified doctors, locate eldercare services and much more.

### EAP+Work/Life Program

Talk to a Licensed Professional Counselor to learn coping skills. You may be referred to the appropriate professional for in-depth, long-term help.

Use self-search provider databases, get 4,000 updated and authoritative articles, view video clips, attend monthly online seminars and more.

**Just call  
866.799.2728**



# Stay in Peak Health

## We Can Help

Staying on top of your health is a vital part of living up to your highest potential. It's important to have a primary care provider, even if you are in relatively good health.

### A primary care provider...



...may be trained in family or internal medicine and/or pediatrics.

They can offer diagnoses, treatment options, and information about changing unhealthy behaviors.



...can help you and family members keep on top of recommended preventive care like mammograms, and will be there if you have injuries, illnesses or need immediate care.



...helps coordinate and follow up your care, for example, if you see other specialists or go to the ER.

Remember... we can help you find in-network doctors, and schedule the appointment. **Call us anytime!**



## Your EAP+Work/Life Website is Available 24/7

### Access Online Help and Resources, Anytime

Your Health Advocate EAP+Work/Life website is packed with important information to help you with personal, family and work issues and better balance your life! **Here's what you'll find:**

- ✓ Orientation video of the many ways we can help
- ✓ Locators for childcare, summer camps, in-home agencies, pet care, education, older adults, volunteer opportunities
- ✓ Authoritative articles on emotional well-being, relationships, financial, legal and health issues, work and personal growth
- ✓ Sign up for webinars
- ✓ Savings Center
- ✓ Support groups and other community resources



Connect to us

## Help is Just a Phone Call Away



# 866.799.2728

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# HealthAdvocate™

Always at your side