



The Future of Employee Wellness & Support

WHAT IS AN EAP?

An employee assistance program (EAP) is a workplace benefit that provides mental health and wellbeing support services to help employees overcome personal and workplace challenges.



Companies saw an average of \$6.25 ROI for every \$1 spent on EAPs

Our EAP combines the power of our lifestyle, coaching, and clinical services, creating an all-in-one employee assistance solution that promotes confidence and productivity.



When implemented, EAPs help to increase productivity by 76%

A PAIRING THAT MAKES A DIFFERENCE

While other companies offer EAPs as a stand-alone service, our comprehensive EAP integrates seamlessly into the AllyHealth app. When paired with our suite of virtual mental health solutions, employees have access to both short-term, in-the-moment assistance, and long-term, ongoing support.

OUR EAP INCLUDES

- Work-Life / Personal Concierge services, including
 - Child and Elder Care Resources
 - Daily Living Resources
 - Legal Assistance
 - Financial Assistance
- Initial assessment and referral to one of our other services provided
- Short-term, solution focused counseling*
- 24/7 live answer from a masters-level clinician
- Computerized Cognitive Behavioral Therapy
- Mindfulness program
- Life Coaching
- Text-based Coaching
- Content library
- In-the-moment support

*Up to 3 sessions