



Resources You Receive at NO COST annually:

- 4 sessions of counseling and/or coaching. Counseling can be used by you OR your immediate family members. Coaching is employee only.
- One 30 minute financial consultation session, to assist with budgeting issues, employee only.
- One 30 minute legal consultation session, to assist with legal issues, employee only.

Below is a detachable card with the phone number and website login you will need. Please keep this in a safe place for reference.

To schedule an appointment, call the Employee Achievement Call Center at **1.877.256.9302**

To access other information, visit: **EAP.REALiving.com**
username: CityEC
password: ECemployee

REALiving
Helping You Be Your BEST.

**EMPLOYEE
Achievement
PROGRAM**

Your **EAP**, Your **BEST**.

Available **24 hours**
a day/**7 days** a week!

EAP services are a
FREE benefit to you.

City of Eau Claire
**Employee Achievement
Program**



We can help.

To find an office location or
for more information, go to:

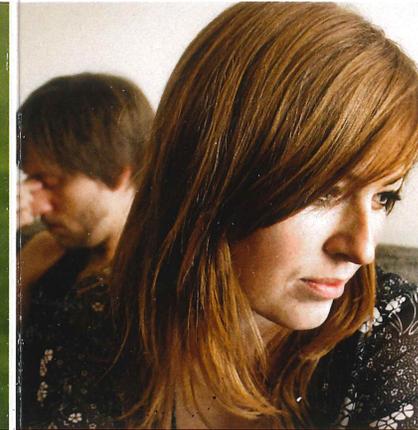
EAP.REALiving.com

username: CityEC
password: ECemployee

To access EAP Resources,
contact the **CALL CENTER**,
24 hours a day/7 days a week:

1.877.256.9302

REALiving
Helping You Be Your BEST.



We are pleased to be your Employee Achievement Program (EAP) Resource!

City of Eau Claire values you as an employee and offers EAP resources to you and your immediate family members at **NO COST!**

Our EAP supports are designed to equip you with the tools you need to manage any issue that may arise in your life! Our solution-focused products come in many forms. They are REAL, tangible and common-sensible. We help develop solutions that work!

Philosophy of the Program

REALiving was built upon the key principle of authenticity and being "REAL." The REALiving philosophy believes in YOU and your REAL skills, abilities and talents. We offer resources that are designed to motivate and inspire you to be your **BEST**, in a REAL, authentic way!

Bumps in the Road

In today's fast-paced world of doing "more with less," it is increasingly more challenging to maintain balance between the demands of our personal and professional lives. We

know that LIFE HAPPENS. We also know that "bumps in the road" are inevitable.

We believe you are a person trying to be your **BEST** and it is our job to help you achieve that. We will help you make a plan to maneuver any unexpected "bumps in the road" you may encounter so you can return to being your **BEST** both personally and professionally.

Your EAP Resources

To help you be your **BEST**, our EAP resources come in many different forms including a monthly wellness newsletter, a more detailed weekly newsletter and a quarterly magazine called, "REALiving."

All of our publications are available through the Web Portal. We also offer valuable tools and information in our on-line library which features electronic written content and practical, easy to use tools on a variety of topics. All of our self-help information is designed to help you be your **BEST**. The counseling or professional coaching resources include access to a trained EAP

counselor or coach, either face to face or via telephone.

As a professional striving to be the **BEST**, help from a coach with a vested interest in your success is very valuable. At times, you may seek someone to help you achieve a goal or improve your performance who is confidential and from outside your organization.

Additionally, the EAP includes access to a Financial Counselor or Legal Counselor. Employees are eligible for a 30 minute consultation per topic. "Core Identity Theft Services" are also part of the benefits offered.

