



Live well, live balanced, live life



Counseling

Free and confidential counseling services for everyday life situations including stress, anxiety, depression, family situations, drug and alcohol abuse, relationships, death and grief, and work-related topics.



Legal & Financial

Practical legal and financial assistance that includes:

- **Free 30-minute consult** per legal/financial matter.
- **25% discount** on select services after the initial consult.
- Use your **EAP sessions** for financial/Medicare coaching.



Work/Life

Unlimited work/life services to help find the right service for your needs such as childcare, eldercare, and convenience services including everything from nutrition classes to finding the perfect dog walker.



Wellness

No matter your wellness goals, MINES can help. You have:

- **4 professional wellness sessions** with a personal coach.
- **4 sessions** of parental coaching & lactation consults.
- **6 week** Virtual smoking cessation or stress reduction program.



Online

Sign on to **Personal Advantage** to access:

- **Online Resource Library** full of articles, assessments, training, and financial tools designed to beat stress and improve work/life balance.
- **eM Life mindfulness service** for live sessions, community support, and expert instructors that can help you live a healthier, more balanced life.
- **Supportiv** for on-demand peer-to-peer small group chats tailored to bring together individuals who share similar struggles and lived experiences. All facilitated by trained moderators and available 24 hours a day!

**Per Life Situation: A distinct, separate and new life event. A MINES case manager will review requests for additional sets of sessions. Continuation of counseling is not a separate, distinct and new life event. This guide is for informational purposes only. Call MINES for details.*



Your info

As an employee of
WCG, Inc.,

you and each member of your household have up to **5 counseling sessions per life situation*, per contract year.**

Digital message-based, telephonic, video, and face-to-face counseling available.

To Access services:

Call MINES at 1-800-873-7138

Or visit:
minesandassociates.com

Company Code: wcgcap

Your company code is used to register for online profiles as well as complete online requests for service. Log on today to access your services and free mindfulness app.

Contract Year: 1/1-12/31

**Free & Confidential
Support 24/7**



Online & Digital Tools



Access Details:

Your Employee Assistance Program services are free, confidential, and always available 24/7/365.

*To access services call MINES or visit our website (contact details below) to complete a digital intake for EAP service.**

Our patient navigators are available to answer any questions you may have and help you access any of the EAP services available to you and your household members.

** Your company code is used to register for online profiles as well as complete online intake requests. If you do not know your company code, please call MINES for assistance.*

Your Digital & Online Resources

Life can get busy and you don't have time to wait around. MINES knows this. That's why as part of the EAP you and your household members have access to robust online tools and resources to help you live life at your own pace.

With MINES' EAP, you and your household members have access to two primary online resources. The first is a digital intake available on our website to help you access your EAP services anytime, anywhere. The second is an online resource library called PersonalAdvantage, full of articles, assessments, trainings, and other tools including free access to the eM Life Mindfulness mobile app. See below for details.

- **Digital Intake:** You and your household members can access all of your EAP services 24/7 with a click of a mouse. Log on to the MINES website (www.minesandassociates.com) and use your company code to set up an online profile. From there complete a fast and easy intake to get access to counseling, legal/financial services, work/life referrals, wellness coaching, or anything else!
- **PersonalAdvantage:** An online resource library designed to help you and your household members manage stress, build resiliency, and develop your interpersonal skills. Full of assessments, courses, calculators, forms, quizzes, and articles, PersonalAdvantage can help with a wide range of topics including emotional wellbeing, Physical and mental health, legal and financial issues, personal growth, relationships, and more!
- **eM Life Mindfulness App:** eM Life is a purpose-driven mindfulness solution that can be applied to everyday life and chronic conditions to promote health, happiness, and performance. eM Life provides a virtual mindfulness solution to help you create connections with yourself and others while building skills to manage stress and anxiety, improve focus, and enhance your overall well-being.

If you need help accessing your online resources or completing an online digital intake, our team is standing by to help! Call or log on to access your online digital resources today!

Free & Confidential support!
Call or log on today to get started at:

1-800-873-7138 or visit minesandassociates.com

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