

Help when you need it

Acentra

HEALTH

Your Employee Assistance Program (EAP) provides **confidential**, professional counseling and support for all of life's challenges. Services, including 6 counseling sessions, per issue are available to you, your household family members, and dependents, all at **no cost**.

24 hours a day, 7 days a week.



For more information or to schedule an appointment with an EAP counselor, call toll-free:

833.539.7285



To access online tools and services visit:

Sowi.mylifeexpert.com





Scan this QR code to go directly to the EAP website



