

Overview of KGA's Employee Assistance Services for the

New England Health Care
1199

The Basics



- Provided by Fund
 - No cost to you
- Confidential resource
- Accessible 24/7
- Available to employees and adult household members:
 - Counseling (3 sessions)
 - Consultation
 - Referral
- Access, tools & content



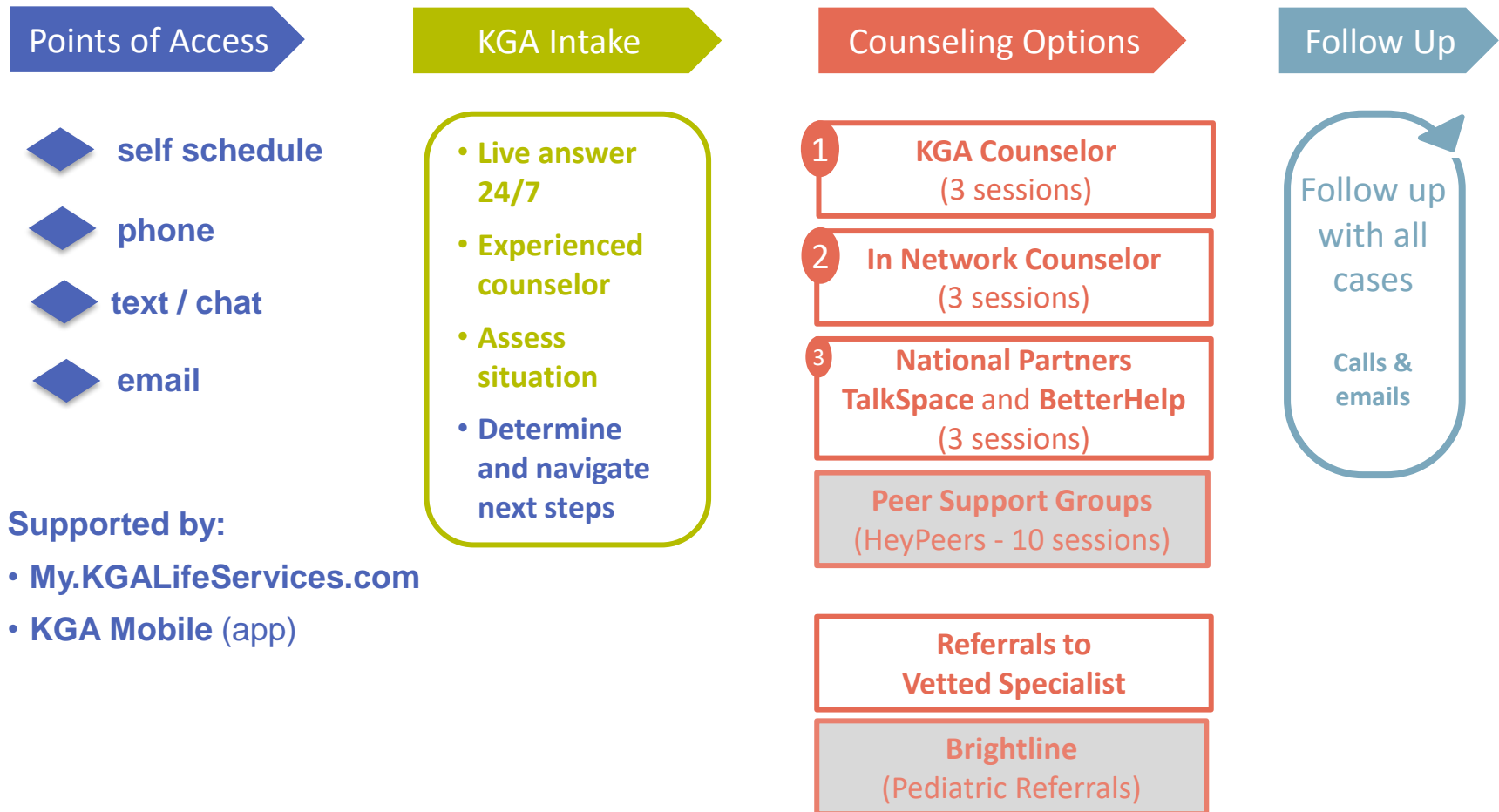
www.My.KGALifeServices.com

Company code: nehc

Support for Mental Health



More than half of all cases involve a counseling solution



Supported by:

- My.KGALifeServices.com
- **KGA Mobile** (app)



Available 24/7
800-648-9557
info@kgreer.com

More Human. More Resources.

Company Code:
nehc

Website: my.kgalifeservices.com
Company code: nehc

EMPLOYEE ASSISTANCE AND WORK-LIFE PROGRAM

A free, confidential program for employees and adult household members. Here's how we can help:

EMOTIONAL HEALTH	PARENTING	ELDERCARE	LEGAL
<p>Counseling, Consultations & Referrals</p> <ul style="list-style-type: none"> Alcohol & Drug Concerns Anxiety Chronic Illness Depression Eating Disorders Family & Relationship Concerns Gambling Meditation Mindfulness Partner Violence Smoking Cessation Sleep Issues Stress Management 	<p>Childcare Consultation & Referrals</p> <ul style="list-style-type: none"> Back-up Care Before/After School Childcare Centers Family Day Care Nannies & In-home Care Summer Camps <p>Information & Support</p> <ul style="list-style-type: none"> Adolescence Adoption Child Development College Planning New Parents and Pregnancy Special Needs 	<p>Consultation & Referrals</p> <ul style="list-style-type: none"> Assisted Living Facilities Caregiver Support Community Services Home Health Care Hospice Medicare/Medicaid Nursing Homes Respite Care Social Security Transportation 	<p>Consultation & Referrals</p> <ul style="list-style-type: none"> Bankruptcy Child Custody & Support Consumer Issues Elder Law Estate Planning Immigration Landlord Tenant Disputes Real Estate Concerns Restraining Orders Separation & Divorce Wills & Trusts <p>*See back for legal disclaimer</p>
FINANCIAL	WORK	CONVENIENCE SERVICES	NUTRITION
<p>Consultation & Referrals</p> <ul style="list-style-type: none"> Budgeting Credit Problems Debt Management Financial Wellbeing Homebuying Information Insurance Planning Retirement Planning Tax Resources 	<p>Consultation & Referrals</p> <ul style="list-style-type: none"> Career Exploration Interest Testing Job Performance Concerns Job Search Strategies Resume Review Time Management Work-life Integration Work Stress 	<p>Information & Referrals</p> <ul style="list-style-type: none"> Community Education Classes Fitness Programs & Trainers Home Cleaning Home Repair Services Moving Services Organizer Services Pet Care Relocation Information Yoga Classes 	<p>Consultation & Information:</p> <ul style="list-style-type: none"> Child Friendly Meals Diabetes Food Allergies Gastrointestinal Problems Healthy Eating High Blood Pressure High Cholesterol Lactation Weight Management

Summary of Resources

Consultations with 10 specialists (30 min telephonic / issue):

- **Legal:** Attorney
- **Financial:** Certified Financial Planner,
Certified Public Accountant,
Financial Counselor
- **Children / Education:** Early Childhood Development Specialist
Lactation Specialist
Special Education Consultant
- **Work:** Career Coach
- **Nutrition:** Registered Dietitian
- **Wellness:** Sleep Coach

Work-Life Specialists:

- Childcare / Parenting
- Eldercare
- Convenience/home services

Get the App



Connecting with KGA just got easier!

Download KGA's free app, [KGA Mobile](#), for immediate access to assistance



- Digital access:
 - Chat/text
 - Self schedule
- Mental health options
- Network of experts
- Topical Content
 - Return to Office
 - Parent Support
 - Wellness
- KGA Bookshelf
- LifeSeries
(milestones, curveballs & wellness)
- Self Assessments
- My Mindfulness
- Manager Support
- E-learning / trainings
- ...and more

Access

Content

Tools



In Summary



Download **KGA Mobile**



Accessible by:

- Phone: 800-648-9557 (24/7)
- Online chat/text (8:30-5:00 m-f)
- Website: My.KGALifeServices.com
 - Company code: **nehc**
- Email: info@kgreer.com
- App: KGA Mobile