

STATE OF FLORIDA EAP BENEFITS AT A GLANCE

HORIZON
HEALTH

SOMEWHERE TO TURN

Your employer provides an Employee Assistance Program (EAP) to protect its most valuable investment—YOU. Horizon Health EAP Services provides you and your household* with professional assistance for the challenges of everyday living. When you're happy and secure, everyone benefits.

*Household means anyone living in your home may use Horizon Health EAP Services.



EMPLOYEE ASSISTANCE PROGRAM

With Horizon's EAP, employees can confidentially address and resolve their day-to-day personal and workplace challenges—resulting in a more focused and productive workforce. Counseling services are provided at no charge to employees and their household members. Horizon offers short-term counseling on all aspects of life, including:

- Difficulties in Relationships
- Emotional/Psychological Issues
- Stress & Anxiety Issues with Work or Family
- Alcohol & Drug Abuse
- Grief Issues



- Personal & Life Improvement
- Financial Issues
- Depression
- Childcare Issues
- Eldercare Issues

WORK/LIFE SERVICES

Through the WorkLife program, employees and their family members can seek assistance for a variety of concerns, including:

- Child Care and Elder Care Searches
- Public and Private School Searches
- College Search and Tuition Financing Tools
- Adoption Resources
- Veterinarian and Pet Care Searches

WHO CAN USE OUR SERVICES

- Regular and OPS state employees** and their households benefit from our services and easy access.
- Managers can get help for their employees when they need it at www.MyFlorida.com/MyEAP. This site has helpful information on making employee referrals.

**State employees include Career Service, SES, SMS, and OPS employees. University employees, retirees, and other "benefits only" participants are not included.

CONFIDENTIAL

As provided by law, your use of our services is completely confidential. Information related to your participation in the EAP is not shared with anyone without your written permission.

To access services, call **(800) 860-2058**

For more information, go to: **www.MyFlorida.com/MyEAP**