

HALCYON TOTAL WELLBEING PROGRAM OVERVIEW

EMPLOYEE ASSISTANCE PROGRAM (EAP)

HEALTH AND WELLNESS PROGRAM



CSJVRMA

JUNE 23, 2023



WHAT IS EAP?

The Halcyon Employee Assistance Program (EAP) is a health benefit, provided by **CSJVRMA** is separate from your medical insurance, offered by your employer to help you manage life's daily challenges.

Halcyon can refer you to professional counselors, services and resources that will help you and your eligible family members resolve a broad range of personal and work-related concerns.

WHO IS ELIGIBLE FOR EAP?



The employee, the employee's spouse or partner and anyone living under the employee's roof as well as dependents under age 26 living outside the home are eligible to use the program.

WHAT SERVICES ARE INCLUDED?

COUNSELING

HALCYON CAN HELP WITH

- Depression, Stress or Anxiety
- Relationship Problems
- Grief and Loss
- Family or Parenting Issues
- Substance Abuse



WHAT SERVICES ARE INCLUDED?

COUNSELING



HALCYON PROVIDES

- Comprehensive Assessments by Clinical Professionals
- In-the-Moment Support
- Identification of Primary Concern
- Referrals to Providers or Other Appropriate Resources
- Recommended Next Steps
- Short-Term Counseling

WHAT SERVICES ARE INCLUDED?

WORK-LIFE BENEFITS



LEGAL CONSULTATION

Free In-Person or Telephonic Consultation with a Licensed Attorney
No Employment Law



FINANCIAL CONSULTATION

Expert Guidance and Consultation from Financial Professionals



IDENTITY THEFT CONSULTATION

Free Consultation with Identity Theft Recovery Professional
Tailored Recovery Action Plan



DEPENDENT CARE REFERRALS

Expert Referrals to Child and Adult/Elder Care Providers, Facilities and Other Resources



“CONVENIENCE” REFERRALS

Guidance and Referrals to a Variety of Daily Living Resources: Home Improvement, Entertainment Services, Pet Care, Auto Repair, Wellness, Travel, Handymen, Volunteer Opportunities, etc.

WHAT SERVICES ARE INCLUDED?

WEB PORTAL

WWW.HALCYONEAP.COM

username: **csjvrma**

THE HALCYON EAP WEB PORTAL INCLUDES

Monthly Webinars on a Variety of Topics

Thousands of Topic-Specific Articles and Tip Sheets

Hundreds of Search Engines for Legal, Financial and Dependent Care Resources

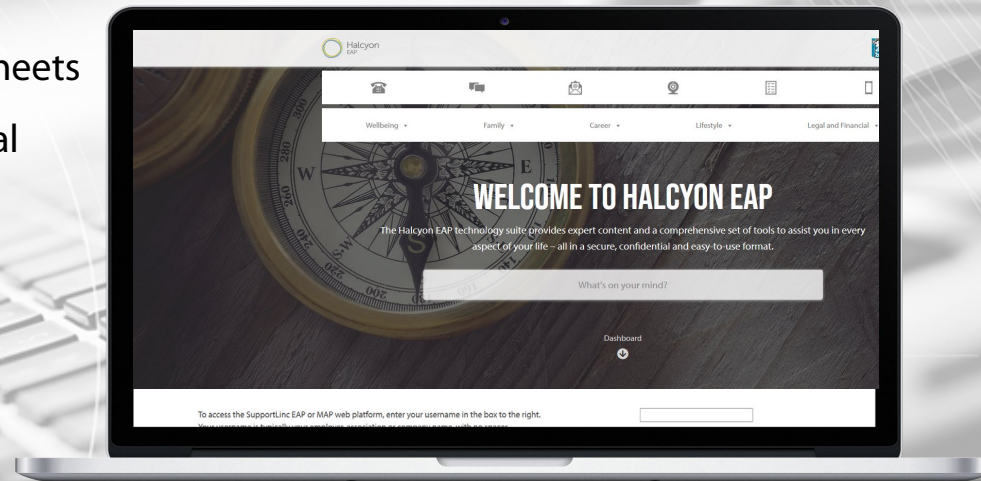
eConnect®: Video and Web Chat Counseling Platform

Discounted Gym Memberships

On-Demand Education

Mindfulness Resources

First Responder Toolkit



WHAT SERVICES ARE INCLUDED?

MOBILE APP

PRIMARY FUNCTIONS

Call the Halcyon EAP Anytime, Around-the-Clock

Live Chat with a Halcyon Counselor

Request Information About the Halcyon EAP

Review a Summary of the Program

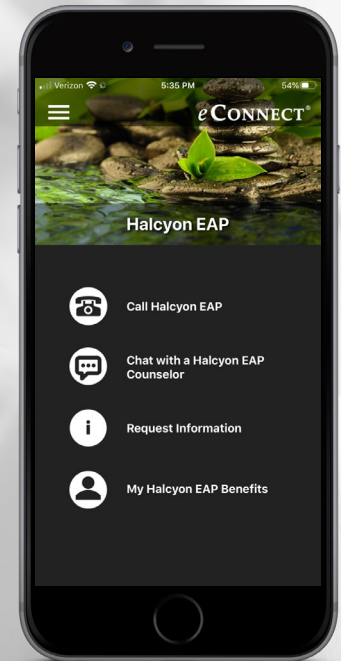
ADDITIONAL FEATURES

Connectivity to the Mobile-Friendly EAP Web Portal

Resource Toolkit, Arranged by Topic

Request a Callback from a Halcyon Counselor

Schedule Video Counseling Through Counselor Connect



TEXTCOACH™

TEXT THERAPY THAT GOES WHERE YOU GO

PRIMARY FUNCTIONS

Boost Emotional Health and Wellbeing Through Exchange of Text Messages, Voicenotes, Videos and More


Convenient Access to a Licensed Coach Anytime, Anywhere

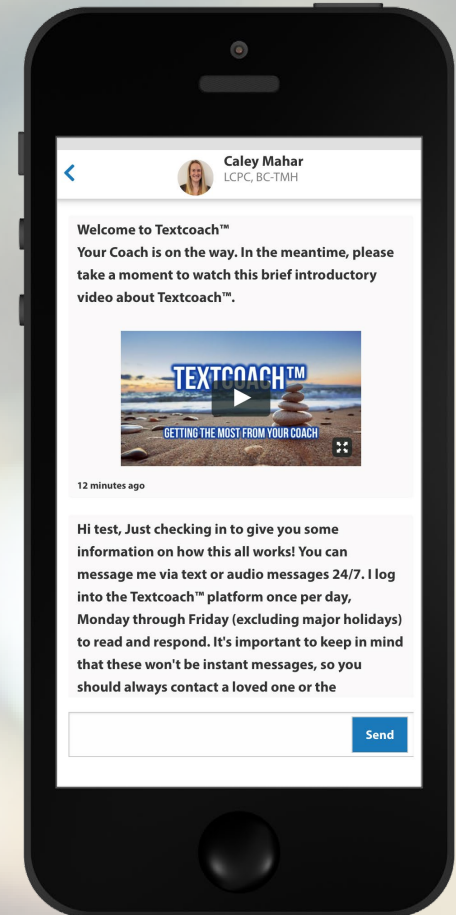
Stigma-Free and Secure Platform

ACCESS

Download the App Using the QR Code

Visit www.text.coach

Log into the Halcyon EAP Web Portal and Click the Textcoach™ () Icon





Virtual Support Connect

Confidential group support

Moderated sessions

- Avoiding addiction
- Caregiver support
- Coping with stress
- Grief
- Mindfulness
- Preventing burnout
- Self care
- Sleep Fitness



halcyoneap.com
group code:
csjvrma

MANAGER CONSULTATION

HALCYON EAP PROVIDES HR, MANAGERS AND SUPERVISORS WITH EXPERT CONSULTATION RELATED TO A VARIETY OF WORKPLACE ISSUES, INCLUDING:

- Employee Personal Problems That Interfere With Work Performance, Attendance or Attitude
- Concern for Employee Safety
- Drugs and Alcohol in the Workplace
- Return-to-Work Strategies for Employees Returning From a Leave of Absence
- Organizational Change
- Promoting the Availability of Halcyon EAP Services
- Training and Education
- Critical Incident Response Services

REFERRALS INTO THE HALCYON EAP PROGRAM

INFORMAL (SOFT) REFERRAL

Employee is identified by the supervisor as having a need for assistance from Halcyon EAP.

The supervisor recommends the employee contact the Halcyon EAP program.

The employee decides to contact Halcyon EAP.

FORMAL REFERRAL

The supervisor identifies a work-related problem, i.e. work productivity, violation of drug policy.

The supervisor requires employee to contact Halcyon EAP as per company policy.

The case manager works with supervisor to address work issues.

Supervisor is informed of progress and compliance.

CRITICAL INCIDENT RESPONSE

REDUCE THE IMPACT OF TRAUMATIC EVENTS

- Death, Accident, Workplace Violence, Natural Disaster, RIF, Robbery
- Around the Clock Access
- Expert Consultation/Assessment of Need
- Individualized Response Plan Created for Each Event
- Educational Materials
- Individual Support
- Onsite Facilitation of Group Process
- Local Team of CI Response Professionals
- Post-Event Reporting, Recommendations and Referrals

TRAINING

A woman in a dark sleeveless top and glasses is standing at the front of a room, gesturing with her hands as if presenting. She is facing a group of people whose backs are to the camera. The room has a stone wall and a large window in the background. The overall image is faded and serves as a background for the text.

PROFESSIONAL ORGANIZATIONAL DEVELOPMENT MODULES DELIVERED BY SUBJECT MATTER EXPERTS

Nationwide Team of Training Professionals

COMPREHENSIVE TRAINING CATALOG

Reducing Risk and Liability

Management Training

Supervisor and Employee Development

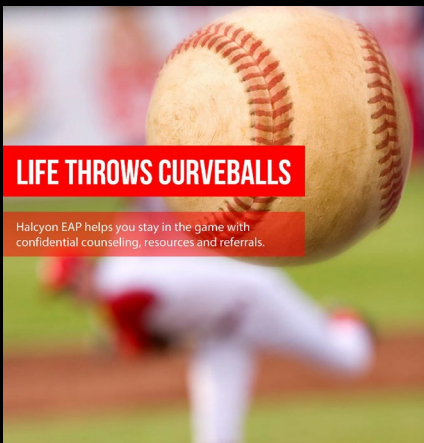
Personal Growth

Halcyon EAP (Benefit) Training

MULTIPLE DELIVERY VEHICLES

Live (Onsite) or Webcast


HOW DO I LEARN MORE?



LIFE THROWS CURVEBALLS

Halcyon EAP helps you stay in the game with confidential counseling, resources and referrals.

Support for everyday issues. Every day.

 Halcyon EAP
1-888-HAL-4800 (425-4800)
www.halcyoneap.com
Username: (your company name, with no spaces)



PERDIÓ SU AMOR JUVENIL?

A veces las relaciones no son una caminata por el parque. Para obtener ayuda para nutrir sus relaciones en el trabajo y el hogar, comuníquese con Halcyon EAP.

Apoyo para las circunstancias cotidianas. Cada día.

 Halcyon BehaviorCare
1-888-HAL-4800 (425-4800)
www.halcyoneap.com

PROMOTION

Roll-out and Introductions

- Tri-Fold Brochures with Punch Out Wallet Cards
- Program Flyers
- Intro Letters

Monthly Education Campaign

Monthly Webinar, Newsletter and Poster/Flyer

Tailored Associate Engagement Strategy

Comprehensive Education Strategy for Client

Bi-Lingual Promotion and Communication

Emotional wellbeing and work-life balance resources to keep you at your best
Halcyon EAP offers expert guidance to help you and your family address and resolve everyday issues.

- In-the-moment support:** Personalized support for immediate needs.
- Financial expertise:** Financial counseling and planning.
- Legal consultation:** Legal advice on employment, family law, and more.
- Short-term counseling:** Support for stress, anxiety, and other concerns.
- Coaching:** Personalized coaching for career, life, and family issues.
- Confidentiality:** All services are confidential and secure.
- 24/7 support:** Available anytime, anywhere.
- Free of charge:** No cost to you or your employer.
- Start with Navigator:** A free app to help you find the right resources for your needs.

Download the mobile app today!
1-888-423-4800
halcyoneap.com
#myEAPmySupportPartner

Halcyon EAP
New Halcyon EAP brochure

Handling work and your health can sometimes be a challenge. We are pleased to announce that Halcyon EAP is available and available online with Halcyon EAP resources to help you and your family address and resolve everyday issues. The program offers guidance to help you address and resolve everyday issues at no cost to you or your family. Visit halcyoneap.com for more information.

Key features:

- In-the-moment support:** Personalized support for immediate needs.
- Financial expertise:** Financial counseling and planning.
- Legal consultation:** Legal advice on employment, family law, and more.
- Short-term counseling:** Support for stress, anxiety, and other concerns.
- Coaching:** Personalized coaching for career, life, and family issues.
- Confidentiality:** All services are confidential and secure.
- 24/7 support:** Available anytime, anywhere.
- Free of charge:** No cost to you or your employer.

Download the mobile app today!
1-888-423-4800
halcyoneap.com
#myEAPmySupportPartner

Simple mindfulness techniques
Practicing mindfulness in daily life

Visit the Monthly Feature page on your web portal or mobile app to watch this short video. Available February 1.

Download the mobile app today!
1-888-423-4800
halcyoneap.com
#myEAPmySupportPartner

Introduction

Monthly

Halcyon EAP
2023 Promo Calendar

<p>January Implementing change Journey to self-improvement Small changes to boost wellbeing</p> <p>Featured flash course: Change is constant Quarterly poster: Motivation</p>	<p>February Everyday mindfulness Simple mindfulness techniques Practicing mindfulness in daily life</p> <p>Featured flash course: Challenging negative thoughts Quarterly animated video: Mindfulness</p>	<p>March Maximizing productivity Achieve more, do less Time management tips: increasing productivity</p> <p>Featured flash course: Increasing productivity</p>
<p>April Work-life balance Finding balance Prioritizing and organizing your time</p> <p>Featured flash course: Time management Quarterly poster: Resiliency</p>	<p>May Starting your mental health journey Boosting your mental health How to take the first steps</p> <p>Featured flash course: When it's time to seek support Quarterly animated video: Navigator</p>	<p>June Cultural competency Cultivating an attitude of inclusion Improve understanding of cultural differences</p> <p>Featured flash course: Improving cultural competency</p>
<p>July Practicing gratitude The attitude of gratitude Appreciating the moment</p> <p>Featured flash course: Cultivating gratitude Quarterly poster: Positivity</p>	<p>August Back to school Reducing school year stress Strategies for parents</p> <p>Featured flash course: Parenting stress Quarterly animated video: Back to school</p>	<p>September Signs of suicide Recognize the signs Common indicators of suicidal ideation</p> <p>Featured flash course: Suicide awareness</p>
<p>October Self-care Self-care essentials Learn the basics of self-care</p> <p>Featured flash course: Self-care 101 Quarterly poster: Communication</p>	<p>November Holiday budgeting Creating a holiday budget Financial tips for the holidays</p> <p>Featured flash course: Holiday budgeting Quarterly animated video: Holiday survival</p>	<p>December Healthy relationships Building healthy, happy connections Tips on communication, boundaries and more</p> <p>Featured flash course: Healthy relationships</p>

ADDITIONAL PROMOTIONAL MATERIALS

www.mycommstoolkit.com

- Username = csjvrma
- Flyers
- Posters
- Tip Sheets



productivity

Sometimes, everyday issues are the hardest ones to manage.

If stress, pressure or anxiety are making you less than 100% productive, contact Halcyon EAP for confidential support and resources.

Support for everyday issues. Every day.

4 2 5

1-888-HAL-4800

www.halcyoneap.com

Username: **csjvrma**

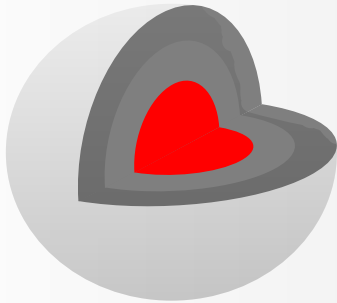


HALCYON HEALTH & WELLNESS

WELLBEING CAPABILITIES OVERVIEW



HALCYON CORE WELLNESS PROGRAM



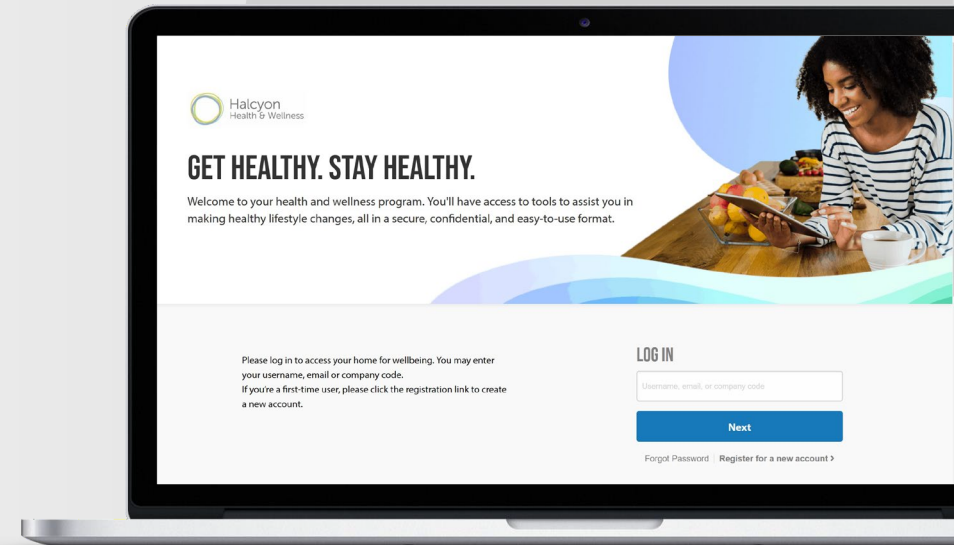
Unlimited Telephonic and Video Health Coaching
Technology Suite (Customized Web and Mobile Platforms)
Strategic Communications Plan
Challenge/Competition Administration

TECHNOLOGY HUB

PORTAL CUSTOMIZED FOR CLIENT

FEATURES INCLUDE

- eLearning Coaching Programs
- On-Demand Wellbeing Videos
- Wellbeing Blog
- Health Library and Monthly Webinars
- Wellness Newsletters
- Health Risk Assessment
- Gym Membership Discounts
- Dynamic Help Center
- Digital Behavioral Health Tool



MYHALCYONWELLNESS.COM

Code: csjvrma

HEALTH COACHING

- Holistic Approach
- Masters-Degreed Educators (+)
 - Licensed Behavioral Health Clinicians
 - Certified Financial Planners
- Unlimited, Telephonic and Electronic Access
- Available in English & Spanish
- Positive Psychology Approach and SMART Goal Setting
- Coaching Programs (The 'U' Suite) + Clinical Programs

UFIT ADVANCED PHYSICAL ACTIVITY

UFUEL PERSONALIZED NUTRITION

UREST SLEEP HYGIENE

UPLUSONE PRENATAL WELLNESS

UCENTS FINANCIAL FITNESS

UBALANCE STRESS MANAGEMENT

UPREVENT CANCER RESISTANCE

UBREATHE TOBACCO CESSATION

UBODY WEIGHT MANAGEMENT

UMOVE BEGINNING PHYSICAL ACTIVITY

UBEAT HEART HEALTH

U&YOURS FAMILY HEALTH

UTHRIVE DIABETES EDUCATION

UCONTROL GENERAL HEALTH & PREVENTION

WELLNESS CHALLENGES

Automated Competition Platform Challenge Templates Available

- Find Your 30 (Physical Activity)
- Unplug to Recharge (Digital Detox)
- Drop 5 (Weight Management)
- Healthy Selfie (Well-being)
- Stress Less (Stress Management)
- Counting Sheep (Sleep Quality)
- Chill Out (Meditation)
- Mood Boost (Nutrition)
- Pay It Forward (Kindness)
- Rethink Your Drink (Hydration)

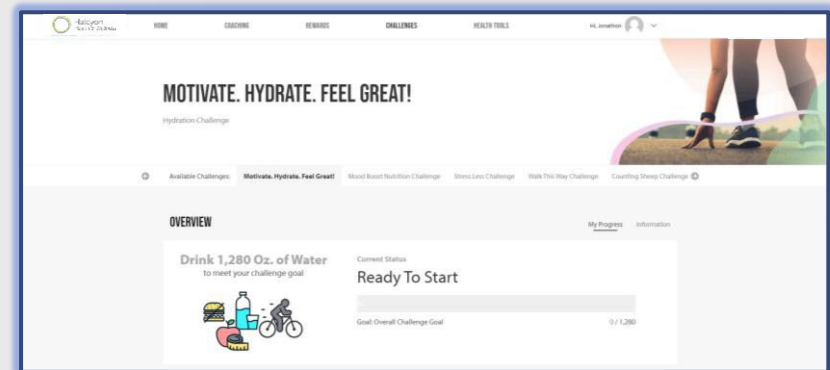
Toolkit

- Promotional Tools
- Admin Access
- Participation Reporting
- Incentive Administration

Device & App Integration

- FitBit, Fuelband, Garmin, Apple, etc.

Custom Challenges Available



EDUCATION

Dedicated Wellness Consultant and Marketing Coordinator

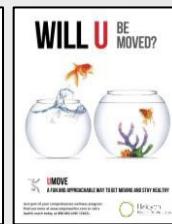
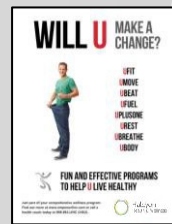
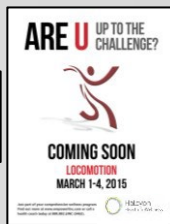
- Extension of HR Team & Broker/Consultant
- Responsible for Program Promotion and Ongoing Education
- Multi-Year Plan Design Development and Refinement

Monthly Education Campaign

- Monthly Webinar, Newsletter and Poster/Flyer

Tailored Associate Engagement Strategy

- Pre-Implementation Culture and Marketing Assessment
- Comprehensive Education Strategy for Client
- Bi-Lingual Promotion and Communication



Introduction

Quarterly

Monthly

2023 WELLNESS PROMOTIONAL CALENDAR

	MONTHLY THEME	MONTHLY WEBINAR LIVE THE THIRD WEDNESDAY OF THE MONTH	CAMPAIGN SUGGESTION
JANUARY	Journey to a Better You	How to live like the Healthiest People on Earth	
FEBRUARY	Planet Over Plastic	Sustainable Swaps	Planet Over Plastic Challenge
MARCH	Plan, Purchase, Prepare	Simple Hacks to Eat Healthy on a Budget	
APRIL	Rev Up Your Metabolic Health	Help your Metabolism Work for You	
MAY	Your Emotional Wellbeing Toolkit	What is EAP?	100 Mental Health Campaign
JUNE	Coaches Corner	Ask The Health Coaches Live Panel to Answer Your Health Questions	
JULY	Living With a Healthy Gut	Gut Check! How to Improve Health Through your Gut	
AUGUST	Live More, Stress Less	Unlock your Mind's Superpowers	Stress Less Challenge
SEPTEMBER	Nurtured by Nature	Forest Bathing: How Time in Nature Impacts Your Health	
OCTOBER	The Best is Yet to Come	The "Power of Yet"	
NOVEMBER	Body in Motion	Healthy Body Mechanics for an Active Lifestyle	Find Your 30 Challenge
DECEMBER	Breaking News: It's Just a Fad	Myth Busters: The Truth Behind Popular Diets	

