Help with personal issues

Sometimes life throws you a curve ball; you and your family may have trouble coping at times due to troubled relationships, family concerns, stress anxiety and depression, drug and alcohol concerns, legal and financial referrals, work-related issues and other personal issues. EssentialAssist™ and EssentialAssist Plus™ are employee assistance programs* included with your coverage from Assurant Employee Benefits that can help.

What is an Employee Assistance Program?

The Employee Assistance Program (EAP) may help give you a performance boost, helping employees and their immediate family members identify challenges that can interfere with work performance, health, and well-being. Through short-term counseling, training, management consultation, and an interactive website, the EAP can help you with everyday and unexpected concerns. The EAP is a free and confidential service to you.

Professional services provided by New Directions

Assurant Employee Benefits is pleased to have selected New Directions to provide you and your family members with a benefit to help you with a variety of life's challenges. New Directions has provided EAP services for our insureds, nationwide since 1992 and has been our own EAP provider since 1983.

*Services exclusively provided by New Directions Behavioral Health. This service does not constitute insurance.

Services are easy to access

With EssentialAssist™ and EssentialAssist Plus™, you have access to:

- 24-hour Clinical Resource Center, via a toll-free number.
- Counseling assessments, consultations and referrals to local resources and services.
- 24-hour website feature, Personal Directions, with a dedicated log in code for online information that addresses work/life issues.

Services are cost-free

- The EAP is part of your employee benefit package.
- There is no charge to you for this service.

New Directions

Since 1978, New Directions has been helping employees and family members. Their counselors have years of clinical experience in assisting people with issues they face at work and at home, such as:

- Marital and relationship issues
- Family concerns
- Stress, anxiety and depression
- Drug and alcohol concerns
- Work-related issues
- Legal referrals
- Financial referrals
- Other personal problems

How to access EssentialAssist™ and EssentialAssist Plus™

The New Directions website, accessed at www.ndbh.com, provides confidential access to online information about your company's EAP and behavioral health issues. Content includes:

- Thousand of articles, videos and tools are included in the online work-life program.
- Sign up for e-Directions, a weekly email tips program.
- Online newsletter, *Balanced Living*.
- Management Forum, a dedicated site to assist managers.

To speak to a counselor or to learn more about your EssentialAssist™ or EssentialAssist Plus™ plan, simply call 1-800-624-5544 or go to www.ndbh.com

ASSURANT Employee Benefits®

To assist you with life challenges!

816.237.2352 • 800.624.5544

www.ndbh.com

NEW DIRECTIONS
BEHAVIORAL HEALTH