



Carolinas HealthCare System

Your Health
and Retirement
at CHS

Did YOU Know?

Employee Assistance Program (EAP)

Teammates,

At CHS we provide you with an Employee Assistance Program to support your emotional well-being. All CHS teammates have free access to the [Employee Assistance Program \(EAP\)](#).

EAP offers short-term, solutions-focused counseling to help you and your family cope with all types of life challenges – marital conflicts, financial problems, job stress, legal issues, parenting and more.

Regardless of benefit eligibility or enrollment, all CHS teammates and family members are offered six counseling sessions, at no charge, as a pre-paid benefit. If more than six sessions are needed, an EAP counselor will provide external referrals that can be used for a fee.

Additionally, EAP offers free webinars. View the [2017 EAP webinar schedule](#) and call 704-355-5021 to register.

Please know, EAP is one of the many ways CHS cares for teammates.

Be well,

A handwritten signature in black ink that reads "Debra".

Debra Plousha Moore

System Chief of Staff
Executive Vice President

Together, let's prepare for today and plan for the future.

To learn more about Your Health and Retirement at CHS, please visit:
healthandretirement.carolinashealthcare.org