

Guidance and support for everyday life.



**Sentara EAP\* assists you with challenges you may be experiencing at home or at work.**



### **Easy**

Call **1-800-899-8174** to schedule an in-person, telephonic, or virtual counseling appointment.



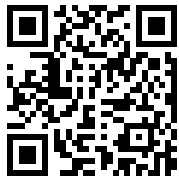
### **Confidential**

Discussions with our clinicians are protected by strict privacy laws.



### **No cost**

Our services are covered by your employer, so there's no cost to you or your household members.



A wide range of resources are just a click away at **sentaraEAP.com**



**1-800-899-8174**



\*This benefit is only available for employees insured through Sentara Health Plans.

Sentara EAP is administered by Sentara Behavioral Health Services, Inc.