

# YOUR EMPLOYEE ASSISTANCE WEBSITE



## FEATURES INCLUDE:

- Online Seminars
- Community Resource Locator
- News For You section which provides quick access to current events
- Financial Management Tools
- Live Healthy Resources
- Aware Mindfulness Channel

To help you make time for what matters most, your Employee Assistance Program provides online access to a wide range of resources regarding the work and life topics of interest to you and your family—all available on one website. Just Log on with your company's username and password, and navigate through articles, links, interactive content, self searches, self assessments, and more.

**TOLL-FREE: 800-346-0110**

**TTY/TTD: 877-845-6465**

**WEBSITE: [www.inova.org/eap](http://www.inova.org/eap)**

**USERNAME: Inova • PASSWORD: Eap**



**INOVA®**

Employee Assistance

