

Your Wellness Resource Center

Your EAP provides a Wellness Resource Center to help you learn about the areas of life in which you can have the greatest impact.

- The Wellness Resource Center contains the latest, most reliable articles, videos and self-assessments for dealing with **Stress, Diet, Fitness and Smoking**.
- As you increase your knowledge and understanding of these topics, you can greatly reduce your health risks and increase overall wellbeing. **You and your immediate family members** are eligible to utilize these valuable resources.
- Included in the Wellness Resource Center is a General Health Risk Assessment (HRA) to help evaluate your present health status. Through a series of confidential questions and information gathering, recommendations are made for health improvements.

