



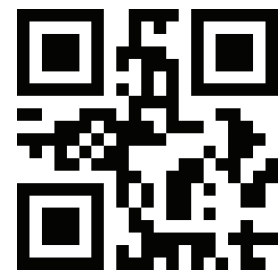
Please mention, “I have an EAP with... (name of your organization)”

800.442.0809

*Press 1 to access your EAP benefits

Your EAP Benefits Include:

- 3 sessions of free, confidential counseling per episode of care
- Psychiatric Urgent Care Center services for ages 18+
- 24/7 hotline for crisis calls
- Free 30-minute legal consultation
- Free 30-minute financial consultation
- Free elder care consultation
- Personal Advantage online library access
- All benefits are available to the employee and EVERY member of their household.



Scan the QR Code above to
call the EAP benefit line.

Additional Contact Info

Email: eap@pinerest.org

Web: pinerest.org/eap

Personal Advantage: pinerest.org/PAL

Confidential Counseling Services

Free, confidential counseling can be accessed via Teletherapy or In-Person sessions. Any concerns can be addressed in counseling. Common issues include:

- Marital, family or relationship issues
- Depression, anxiety or other mood disorders
- Chronic stress
- Substance use disorder
- Work-related issues
- Grief and loss

What if a different problem arises after my free sessions are used?

You are limited to 3 counseling sessions per episode of care. If a new concern requires counseling support, you will receive 3 more counseling sessions for the new episode of care.

Will my employer be notified?

All EAP services are 100% confidential.

What if I need immediate support?

- You may access the 24-hour HOTLINE by calling 800.442.0809 (press 1).
- Same-day services are available daily for individuals age 18 years and older at the PSYCHIATRIC URGENT CARE CENTER via telehealth and in person. Call 800.442.0809 (press 1) or visit pinerest.org/urgent for hours, location and latest service information.

Online Library

Through the Personal Advantage cloud-based library, you have unlimited access to thousands of resources related to health and wellness, financial and legal issues, and more. This library includes articles, videos, webinars, forms, calculators, locators, assessments, and trainings. Log on today with the unique Username that has been assigned to your organization.

Personal Advantage
pinerest.org/PAL

User Name:

Elder Care Consultation

Employees and members of their household can access an elder care specialist from Pine Rest for a free consultation. Your consultation will include:

- Careful assessment of the elder's current care needs, prioritization of services, and supportive problem solving.
- Education and options for senior housing, care, and resources.
- Suggestions for support groups and other senior care organizations.

Legal Consultation

Employees and members of their household can access an attorney from respected Michigan law firm, Rhoades McKee. Your consultation will include:

- 30-minute free telephonic consultation.
- 20% discount on subsequent legal services.
- Legal matter examples include family/custody/divorce issues, landlord-tenant disputes, real estate concerns, estate planning, guardianship questions, etc.

For prompt response, please email attorney Thomas L. Saxe at tlsaxe@rhoadesmckee.com and identify yourself as a Pine Rest EAP member.

Financial Consultation

Employees and members of their household can access Dan Groenveld, CPA, of VanderLugt, Mulder, DeVries, and Elders (VMDE). Your consultation will include:

- 30-minute free telephonic consultation
- 20% discount on subsequent financial services for the first year
- Financial matter examples include budgeting, taxes, wealth management, retirement, etc.

For prompt response, please email Dan Groenveld at dan@vmde.com and identify yourself as a Pine Rest EAP member.

Additional Contact Info

Email: eap@pinerest.org
Web: pinerest.org/eap
Personal Advantage: pinerest.org/PAL