

Online Employee Assistance Program



USABLE Life is pleased to announce the availability of an online Employee Assistance Program (EAP)! This program is offered through our partnership with New Directions Behavioral Health®.

BALANCED LIFE from parenting to caregiving, find thousands of resources including videos, quick facts and in-depth articles to meet your needs.

HEALTH, EMOTIONAL HEALTH and STRESS for more information to help you meet challenges of living everyday and the unexpected. Trustworthy resources to keep you healthy, body, mind and spirit.

FINANCIAL calculators, tax forms, budgeting, credit and investing information to help you manage your money.

LEGAL information including your interactive will preparation kit.

PERSONAL GROWTH and SMALL BUSINESS provides information to help you develop your career and learn how to manage in today's work world.

HELPING YOU FIND BALANCE.

The Online EAP comes to you from New Directions Behavioral Health®, a leading provider of behavioral health and employee assistance services.

This user-oriented website puts comprehensive and trustworthy information at your fingertips.

- Over 5,000 articles
- Videos featuring expert presenters
- Calculators and self-assessments
- National provider directories
- Health
- Behavioral health
- Legal
- Financial
- Childcare and parenting
- Eldercare and caregiving
- Stress
- Personal growth
- And more...

WHAT IS e-DIRECTIONS?

e-Directions is a subscription email service unique to New Directions Online EAP.

Employees and family members may sign up to receive regular emails about the following five topics:

- Parenting
- Relationships
- Mind/Body Connection
- Stress Management
- Be Your Best at Work

Emails go out weekly for each topic, or daily if a person signs up for all five topics.

TO USE YOUR ONLINE EAP

- 1 Go to www.ndbh.com
- 2 Enter your pass code **USAL903**
- 3 Sign up for e-Directions
- 4 Take time to browse Personal Directions