



YOUR WORKPLACE
WELLNESS & EAP PARTNER



What kinds of issues does the EAP address?

The EAP will help with almost any personal concern. Any problem that might distract employees at work would be appropriate for the EAP. The most common issues brought to the EAP are:

- Stress Management
- Emotional Issues
- Depression, Anxiety, and Panic Attacks
- Elder and Child Care Needs
- Relationship and Family Issues
- Chemical Dependency
- Eating Disorders
- Domestic Violence
- Job Difficulties
- Career Exploration
- Grief and Loss
- Work/life Balance
- Financial Strain
- Nutritional Questions
- Legal Concerns
- Health Coaching Needs

H & H Health Associates believes...

We can make a significant contribution to the well-being of our clients.

Health is the product of both physical and mental factors affecting productivity and profitability.

Fully functioning associates are a company's greatest asset.

In treating our clients and their families compassionately.

We will help our clients find answers.

People are capable of change that can improve their quality of life.

In meeting the changing needs of business through our pursuit of continuing education, credentialing, and licensing.

There is a healing partnership between our clients and ourselves.

H&H Health Associates, Inc.

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WELLNESS & EAP PARTNER

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Employee Assistance Program

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H & H HEALTH ASSOCIATES' EAP SERVICES

*...an unparalleled, personal, hands-on approach,
uniquely integrating EAP Services with Workplace Wellness.*

About H&H Health Associates...

Founded in 1989, we have delivered outstanding EAP and Workplace Wellness services to hundreds of leading organizations locally and across the country.

We believe the value in an EAP stems from services far beyond that of an (800) number. Our offering of comprehensive EAP services enables organizations to realize the benefits only a full-service firm can provide.

Our credentialed staff delivers exceptional services, customized to meet each company's unique needs. We care for each and every client with unconditional positive regard, treat all with compassion, and freely share our education and experience.

"Our company has been working with H & H Health Associates for over 20 years. We find them to be most responsive and very effective with our employees and management, especially in times of crisis and change."

-Vice President, Human Resources

Why Implement an EAP?

According to the U.S. Department of Health and Human Services, studies find that large and small organizations can expect a good return on their EAP investment. Specifically, the Department of HHS reports that "all of the published studies indicate that EAPs are cost-effective."¹ The Department of Labor has found that "for every dollar invested in a full service EAP, employers generally save anywhere from \$5 to \$16."² EAPs can "reduce sick leave usage by 33%, work-related accidents by 65%, workers' compensation claims by 30%, lost time by 40%, grievances by 50%, and time spent on supervisor reprimands by 74%."³

1. U.S. Department of Health and Human Services, 1995

2. U.S. Department of Labor, 1990

3. Dollars & Sense of an EAP—eaplife.org, 2008

Services included in the EAP:

Short Term Counseling –

Problem solving oriented for all types of issues including individual and family situations.

Crisis Counseling –

Immediate intervention including suicide and violence prevention.

Management Consultation –

Oversight of Management Referrals, assistance in policy development, and much more.

Educational Presentations –

Wide variety of employee, manager, and supervisor training programs.

Critical Incident Stress Debriefings (CISD) –

Trauma response for critical workplace incidents.

Child & Elder Care Resources –

Research and referral for all types of child and elder care needs.

Legal & Financial Assistance –

Legal help for most non-employment related issues and financial consultation for money management issues.

Work/Life Resources –

Research and referral to convenient services to help employees with balancing work and personal life.

Online Resources –

Library of resources, self-assessment tools, training modules, and downloadable videos.

Health Coaching –

Telephonic and online health coaching on topics such as weight management, smoking cessation, fitness, pre & post natal care, and chronic conditions.



Why Organizations Choose H&H...

We believe that happy, healthy, productive employees are every company's most valuable asset. In order to best achieve this, we offer a truly unique integration of EAP services and workplace wellness promotions.

Ultimately, due to our personal hands-on approach we drive utilization of our services, enhancing workplace performance through increased productivity and reduced expenses.

Our Role as Your EAP...

We reside at the intersection of our client's need for productivity from employees, and the employees' personal issues which can get in the way of productive performance.

Because our clients represent a broad range of industries and work environments, we have developed a reputation for responding effectively to complex, diverse needs and situations.

"My client companies have greatly benefited from the services of H&H Health Associates. From gains in productivity to savings in health care premiums, they have it covered."

-Benefit Broker

H&H is a highly visible service provider. Working closely with leadership, we will develop a highly effective communications campaign. We keep ourselves in front of workgroups through promotional materials, on-site presentations, consultation with management, and aggregate reporting for leadership.

We are available 24/7/365 and have thousands of locations and resources. Among the numerous benefits we offer is the flexibility and accessibility of a local EAP with the resources and capability to provide services to employees, family members, and significant others throughout the country.