

# Get the support you need

from Nationwide Employee Benefits®



### There's a real need

In today's fast-paced world, almost everyone feels some stress at home and at work. Consider this:

- » Workplace distress accounts for the overwhelming majority of documented accidents<sup>1</sup>
- » Employees under stress are more likely to become ill or injured<sup>1</sup>
- » More than 20 percent of employees face personal issues while they are employed<sup>1</sup>

Nationwide's EAP<sup>2</sup> is designed to improve your well-being by helping you manage problems before they become an emotional or financial burden. You're automatically enrolled when you elect group term life insurance or group disability insurance from Nationwide, through your employer.

Your EAP coverage is in-force as long as you are covered under the Nationwide group life or disability insurance plans.

### Helpful resources

You and your eligible family members get free and confidential access to work/life resources. Both telephonic and online resources are unlimited. Your EAP can assist with:

- » 24/7 day telephonic emergency intake and referral services for a mental health or substance abuse crisis
- » Work life specialists who can assist with child and elder care issues, temporary care and special needs
- » Identity theft consultation
- » Consumer education and services on important topics like depression, adoption, college financing, fitness and job loss
- » Parenting information and services
- » Online will, living will and financial power of attorney preparation assistance and online legal library

### Face-to-face support services in times of need

Face-to-face support is available if you file a claim under the disability or life insurance plan.

If you have disability coverage, and experience a qualifying event, we provide three face-to-face sessions with a licensed mental health professional. Sessions may occur during the six-month period after the onset of disability.

If you, or a covered dependent should pass away, each beneficiary gets three face-to-face visits with a licensed mental health professional. Beneficiaries can visit these specialists up to six months after their loss.

We're here when you need us.

To access services, call us at **800-435-7638** or visit [www.nationwide.com/EAP](http://www.nationwide.com/EAP) to access online resources.

log in:  
nationwide  
password:  
EAP



**Nationwide®**  
is on your side

<sup>1</sup> Employeerights.com, 2010

<sup>2</sup> The Nationwide Employee Assistance Program is administered by Charles Nechtem Associates, Inc., an independent employee assistance provider. Nationwide makes no representation regarding the application of or compliance with certain federal and/or state rules, including but not limited to continuation of coverage, for employers who sponsor/provide EAP benefit programs. The cost of the EAP benefit is added to the Group Term Life and/or Disability premium.