Healthy for the Holidays

The holidays are almost here, which means it's time to prepare for a hectic season filled with family, food, parties, shopping and travel. All that activity can be stressful, and stress can make you and your family more prone to illness. Follow these tips to enjoy a healthy holiday.

- **Wash your hands.** It's the best, most effective way to prevent the spread of germs.
- **Get flu shots.** With all the stress and time pressure and erratic eating habits of the holidays, be sure to prepare now so you can avoid or minimize the effects of the flu.
- **Keep exercising.** Stick with your routine as much as you can and incorporate more exercise into your daily life. Park farther from the entrance at the mall and take the stairs at work.
- **Party smart.** Never go to a party hungry. Have a healthy snack, such as an apple and some cheese, ahead of time. That will help ensure that you don't overeat.
- **Travel smart.** If your holiday plans include travel, be sure to eat right and stay hydrated to avoid getting sick. Bring along water and healthy snacks and foods for long car and plane rides.
- **Give yourself a break.** The holidays are not the time to start a new diet or exercise plan. Keep up the good habits you have today and try to make the best choices on food and exercise.

Here when you need us.

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Overview

• Founded in 1984 and grown to be the largest provider of EAP services in the world

• Expansive and diverse customer base covering more than 40 million individuals and more than 15,000 organizations throughout the U.S. and more than 100 countries

• Pioneer and leading provider of fully integrated EAP, legal, financial, work-life and wellness services under the FASAP brand

• Global service centers staffed by dedicated clinical, legal, financial, wellness, behavioral and work-life experts—24 hours a day

• Leading provider of Critical Incident Services worldwide
NC State Program Model

- Clinical Support
  - 3-session face-to-face EAP
- Legal Connect
  - Attorney Access
  - Referrals & 25% discounts
- Financial Connect
  - Access to financial support
- Family Source
  - Child & Elder care
  - Education/relocation/personal convenience
- Guidance Resources
  - 24x7 online support & resources
- CISM/Training/Health Fair
FASAP

Integrated FASAP allows us to be your single source for:

› Confidential consultation on personal issues
› Legal information and resources
› Financial information, resources and tools
› Information, referrals and resources for work-life needs
› Online information, resources and tools
Confidentiality

• The program is strictly confidential

• Records are maintained by ComPsych®

• Summary of number of requests for assistance
Available 24 Hours a Day

• Call us anytime for solutions!
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  – Address issues early
  – No cost
  – Confidential
  – Voluntary

• Long-Term Counseling
  – Continuing treatment for long-standing issues
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Expert legal information from licensed ComPsych® staff attorneys

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  - Bankruptcy
  - Estate planning
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Financial information from ComPsych® staff financial experts

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  - Income tax
  - Credit
  - Real estate
  - Debt
  - Retirement planning

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Work-Life Balance

Information, referrals and resources for work-life needs

Addressing work-life balance issues by providing practical information and referrals

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› Educational options
› Community information
› Event planning
› Home improvement
› Buying/selling a home, relocation
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What street did you live on in third grade?

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