



## Embedded Employee Assistance Program (EAP) with Claimant Assist

Support for Employees\* with Life or Disability Insurance Through National Insurance Services



### The EAP Program

Everyday life can be stressful and can affect your health, well-being, and performance. Fortunately, our Employee Assistance Program can aid in finding solutions. When facing personal problems, you might struggle with where to turn for help. The first step is usually the hardest, and guidance is often the key. That's why National Insurance Services (NIS) offers an Employee Assistance Program (EAP). An EAP offers a confidential place to find the answers that work for you.

### Your EAP Service Provider

LifeWorks is a leader in the field of Employee Assistance and has been providing employee assistance services for over 40 years. LifeWorks has the experience to provide the broad range of services and guidance that is paramount to an EAP – whether it's help with day-to-day concerns or guidance through a challenging crisis. The information you discuss through the EAP is kept confidential in accordance with federal and state laws.

### The EAP Process

When you access the EAP, LifeWorks counselors listen and take action toward finding solutions. The next step may include meeting with a mental health counselor for up to three face-to-face visits, negotiating health insurance benefits, or referrals to community resources for legal and financial services.

### Referrals and Resources

You can receive information and a listing of childcare and eldercare resources with confirmed vacancies meeting your specifications. If face-to-face mental health counseling sessions are required, LifeWorks counselors will refer you for counseling at a location that is convenient to your home or work. LifeWorks counselors can also refer you to self-help groups such as Alcoholics Anonymous or Gamblers Anonymous and community financial and legal resources for debt management.

### Claimant Assist

NIS's Claimant Assist program offers special services to Long Term Disability claimants or Life Insurance

(over)

### Under our EAP you can receive no-cost, confidential help for a wide variety of needs and concerns:

- Alcohol or Drug Addictions
- Anxiety
- Childcare
- Depression
- Eating Disorders
- Eldercare
- Family Conflict
- Financial or Legal Concerns
- Marital Difficulties
- Parenting Concerns
- Problem Gambling
- Relationship Problems
- Stress Management

### EAP Services Are Available to You Two Ways:

**Phone:** 866.451.5465  
**Online:** [www.niseap.com](http://www.niseap.com)

**Claimant Assist Services Are Available:**  
866.472.2734

\*The EAP is for use by the covered employee only. While issues may concern family members, all contacts to the EAP must be made by the employee.

beneficiaries at no charge. If you have Disability insurance coverage through NIS, our Long Term Disability Claimant Services are available to guide and counsel claimants and their immediate family members. If you have Life insurance coverage through NIS, our Beneficiary Services Program provides counseling and assistance to beneficiaries when faced with the challenge of coping with loss.

### Virtual Fitness

You have access to a virtual fitness platform through the EAP. LIFT session, one of the leading fitness providers, provides you with an easily accessible, effective and affordable way to reach your fitness goals anytime, anywhere for better health and well-being.

You can work out on your own with personalized programs and access coaches if you have questions, or choose to work under the live supervision of a coach online, in 1-1 personal or group sessions.

### Access to Masters-Degreed Counselors 24-Hours a Day Through a Toll-Free Number

Up to three in-person assessment and counseling sessions.

- **Legal Assistance:** Counselors may refer you to a telephone and/or one in-person consultation with an attorney.
- **Financial Assistance:** Telephone consultation with a financial consultant to address questions on budgeting, taxes, and debt consolidation.
- **Eldercare Assistance:** Our specialists can help you locate eldercare options, such as residential care or in home care, provide support in dealing with the emotions of retirement, or legal aspects like estate planning. Use our website to find resources on retirement, from financial planning and calculators, to articles on coping with retirement stress, and filing your retirement days with meaningful activities.
- **Childcare Assistance:** Telephone consultation with a work-life professional to provide information, referrals, and resources related to childcare concerns.
- **Memorial Planning Assistance:** Telephone consultation with a work-life specialist to assist with memorial and funeral planning. Services include identifying potential locations, associated costs for services, and providing information to help coordinate logistics (Available to Life insurance beneficiaries only).

### Your EAP and Claimant Assist Administrator:



134 North LaSalle Street, Suite 2200  
Chicago, IL 60602

#### Telephone Assistance:

EAP: 866.451.5465

Claimant Assist: 866.472.2734

#### Online:

[www.niseap.com](http://www.niseap.com)

# Improve employee health and wellness with virtual fitness

LIFT session



## Introducing LIFT session

LIFT session, a leading virtual fitness provider, has built a platform where users can work out on their own with personalized programs and access coaches if they have questions, or choose to work out under the live supervision of a coach online in 1-1 personal or group sessions.

**LIFT provides your people an easily accessible, effective, and affordable way to reach their fitness goals anytime, anywhere for better health and wellbeing.**

## Why virtual fitness works

Physical activity is a vital part of employee health and wellbeing. Fitness improves mental and physical health, resulting in healthier, happier, and more productive employees. Providing your workforce with a turnkey fitness program that fits their schedule and lifestyle is important, which is why virtual fitness works. Combining technology and live coaches who interact with users creates an environment where users are held accountable, workout safely at maximum efficiency, achieve results faster, and have fun! LIFT works because it is convenient with anytime, anywhere access to programs and experts who keep users motivated and accountable, and removes all the complexity related to working out.



## LIFT session virtual fitness is available through your LifeWorks Employee Assistance Program (EAP)

### Included in the EAP

**Automated fitness journeys.** Built by industry experts to help users achieve their fitness goals. An automated journey is a six-week program with three 30 minute automated sessions per week.

### Included in Wellness Add-on

- **Users can chat live with certified coaches** to receive customized fitness recommendations, personalized guidance and monitoring. Coaches can answer questions about fitness, nutrition, sleep, and how to use the app/platform.
- **LIFT Global Challenges are pre-defined wellness challenges** based on LIFT automated fitness journeys. After logging in to the LIFT Session app, users opt-in to monthly challenges and compete in a friendly environment with users across the globe.\*

### Add-on fitness services for your organization

**Corporate Challenges -** Based on LIFT Group Training, Corporate Challenges are a great way to kick-start a fitness program at your organization. Both teams and individuals can participate and earn points for each session they complete. Challenges are managed by LIFT and kick-off with hosted webinars to engage your workforce. Challenge dashboards track participation and standings.

**Group Training -** Live training with LIFT coaches and a small group of participants connected virtually. Coaches ensure proper form and intensity during workouts via real time two-way communication. Programs vary to keep participants engaged and motivated.

\*Wellness Silver and Gold come with one automated LIFT session challenge per year. If you want to provide more than one, please let us know as it may affect pricing.

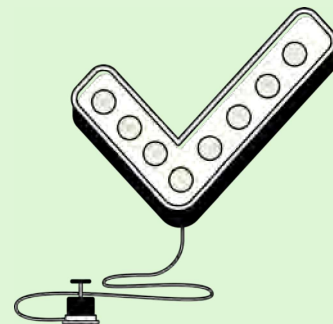


### **NEW fee for service offering: Private Broadcast Classes**

LIFT Private Broadcast Classes are a perfect solution for organizations looking to improve their employees' health and wellness, especially in this pandemic climate, but also in the new digital workplace.

#### **How it works:**

- LIFT Private Broadcast Classes are live, online classes led by world-class instructors.
- With a wide variety of class types such as mindfulness, mobilization, strength, yoga and much more, organizations have the liberty to choose what speaks to them most based on their specific wellness goals.
- Classes are 30 minutes in length, accommodate up to 3,000 participants, making them a great solution for both small and global organizations.
- Class schedules are entirely customizable and are accessible to all levels and require no equipment.



LIFT also offers 1-1 Personal Training for a completely customized fitness experience with a LIFT coach. Employees can purchase 1-1 Personal Training sessions directly in the LIFT session app.

### **Kick-start a fitness program at you organization today.**

Engage your people with all that LIFT session has to offer. Speak with your LifeWorks Customer Success Manager.