

Your employer provides KGA's **Employee Assistance Program** for employees and their adult household members, to provide solutions and support to people managing busy lives.

What is the Employee Assistance Program?

A **free and confidential** program available to support you and your adult household members at home and work. The services are offered through your employer and provided by KGA. **The cost to you: \$0**

SERVICES INCLUDE

Counseling: In-person, phone, video or message-based sessions to help resolve emotional and mental health issues

Crisis: Immediate intervention for depression, anxiety, substance misuse and risk of harm to self or others

Convenience: Referrals for services ranging from pet sitting and house cleaning to fitness classes and continuing education resources

Eldercare: Consultations and referrals to meet the needs of elders and the caregivers supporting them

Family: Referrals for childcare needs and support for parenting challenges. Access to family/couples counseling

Financial: Consultations with licensed professionals for debt management, budgeting and financial planning

Legal: Consultations with an attorney and referrals for most legal issues*

Nutrition: Consultations with a registered dietician on weight management, food allergies, children's nutrition and other dietary needs

Stress: Assessment of stress level and techniques/tips for managing stress

Work: Support for work stress and consultations for career exploration

**See back for disclaimer*

How confidential is this program?

No information, including your name, will be released to your employer or anyone else without your consent. The only exceptions are those required by law, such as if you are a danger to yourself or others.

What happens when I contact KGA?

Your phone call will be answered live 24/7. We will gather information, evaluate your needs and put a plan of action in motion. All you have to do is make the first call at **800-648-9557** or contact KGA at **My.KGALifeServices.com**.

I think I need a counselor. How does this work?

If you are calling about an emotional, family or relationship issue, a counselor will conduct an assessment and arrange phone, in-person, video or message-based counseling. This will give you an opportunity to talk about your concerns in depth.

We will match you with an experienced, licensed counselor aligned with your needs, including racial identity, sexual orientation, gender identity, culture, disability, religion and/or language.



Consultations for managers & supervisors

Phone consultations regarding issues such as:

- Concern for an employee's wellbeing
- Support and communication following a crisis
- Work and team performance
- Managing return to work concerns
- Making an effective referral to the Employee Assistance Program





Work life.
Home life.
Everything in
between.

* Legal Disclaimer — No legal service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, they are doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.



KGA, INC.
More Human. More Resources.

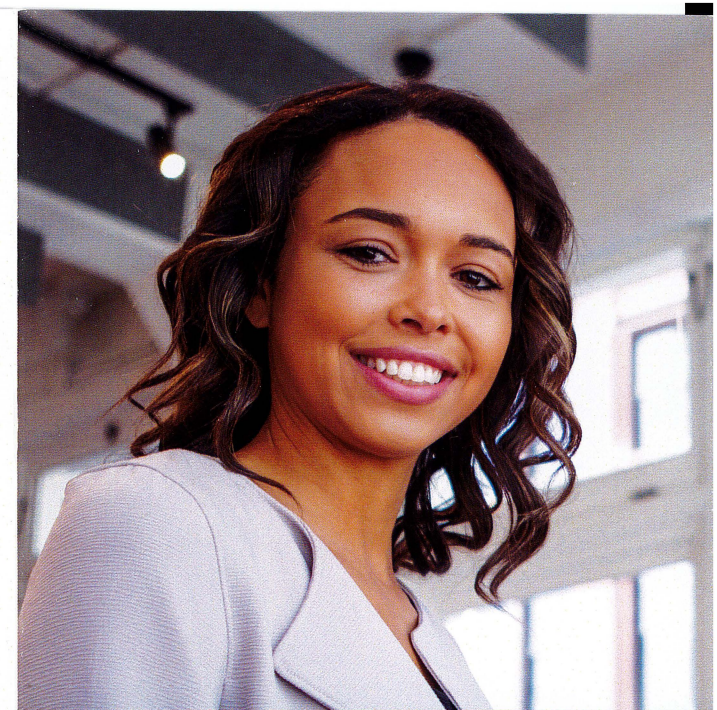
Contact KGA at:

www.my.kgalifeservices.com

800-648-9557

info@kgreer.com

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