



INTRODUCING YOUR EMPLOYEE ASSISTANCE AND WORKLIFE PROGRAM



Today, employees are busy juggling work and family and it is not unusual to encounter difficulties with stress, family, relationships, alcohol, work, or other concerns, which can have an effect on your overall quality of life. To address these concerns, we are pleased to inform you about a new benefit for you and your family. Federal Occupational Health (FOH) provides you with a wide range of Employee Assistance Program (EAP) and WorkLife services at no cost to you.

With just a phone call or a keystroke you can access services on the Internet and via a professionally staffed call center.

The WorkLife Program helps you reduce the stress of struggling to take care of family responsibilities while remaining productive at work. The Program provides answers to questions, researches information, and helps find a wide variety of qualified local services so you can attend to other priorities.

EAP services are convenient and confidential. Licensed counselors are available to help with difficult personal issues.

These are just some of the services that are available to you:

- Access to licensed counselors who provide in-person, short-term counseling
- Assistance with a wide range of concerns – relationships, legal, financial, family, substance abuse, children, and more
- Access to WorkLife Specialists who provide information, resources, and referral to:
 - Childcare (daycare, preschools, etc.)
 - Eldercare (assisted living, in-home care, etc.)
 - Daily Life (relocation, event planning, etc.)
 - Family (adoption, prenatal, etc.)
 - Educational (nursery–graduate school, etc.)
- Crisis Response Services
- Supervisor and Management Coaching
- Information and resources from a robust website - FOH4You.com
- Library of resources including health and wellness articles, presentations, webinars, podcasts, and more



- Searchable databases

Telephone Access

To access your WorkLife program or to make a confidential EAP appointment with a licensed counselor call **1-800-222-0364** (or 888-262-7848 if you are hearing-impaired). Call anytime – we’re available 24/7. When contacting the EAP please use [GPO/Government Publishing Office](#) to identify your agency. You will be offered assistance or given an appointment to meet with a counselor. Meetings with your counselor are confidential within the guidelines of the law

Online Access to the EAP

1. Enter the URL: www.FOH4You.com
2. Click “enter” to access information and resources, self-help assessments, webinars, podcasts, and more.

To access on-line orientations go to Quick Links and choose the orientation you want to view.

To access legal and financial information go to “Benefits & Services” and select “Legal and Financial” from the left menu.

Online Access to the WorkLife Program

1. Enter the URL: www.worklife4you.com
2. New users, click on the “Start Now” link.
Follow the on-screen instructions. When prompted for a registration code, please enter: **GPO** *(Please note it takes a few days for website set up so employees may not be able to access immediately.)*

If you have trouble logging in to the site, please contact the WorkLife help desk at (888) 604-9565.

**Employee Assistance and
WorkLife Program**
(800) 222-0364 | (888) 262-7848 (TTY)

