

## Employee Assistance Program

### Check Out the Enhanced Features on our Website

[www.Aurora.org/eap](http://www.Aurora.org/eap)

We are proud of the wealth of resources available to you through the Aurora EAP website, [www.Aurora.org/eap](http://www.Aurora.org/eap). Follow the link on the left bar to log on as an employee, using your organization's password of muskie. If you do not know your password, contact the EAP at 800-236-3231.

Once on the Employee Home page, you will initially notice the following sections:

- How does my EAP work?
- Screening tools
- Self-help toolkits
- Satisfaction survey data
- Articles, links and resources
- Testimonials
- Work/Life balance services
- Contact your EAP

The Employee Home Page also includes the following sections:

#### WELLNESS

##### Aurora Wellness Works Articles

Click on this link for the latest, as well as archived editions of Aurora's wellness newsletter.

##### Wellness Video Clips

Our short video clips feature Dr. John Whitcomb, Emergency Medicine Physician at Aurora Sinai Medical Center. Topics include exercise & memory, fiber, fruits & vegetables, good fats, and more.

##### Additional Wellness Information

Topics include food & nutrition, sports & fitness, alternative health, travel & health, kids & teens health, aging and health, and numerous other issues.

#### NEW FEATURES

##### Access Newsletter Library

Visit our directory of current and prior EAP newsletter articles.

##### Focus of the Month

A new topic of interest is available monthly on our website. Topics include balancing work and family, handling stress, and other relevant mental health or substance abuse issues.

##### Additional EAP Resources

Haven't found what you are looking for yet? Try here. Click here too, to access our Stress Management Center.

*If you need further assistance with the website, please contact the EAP at 800-236-3231.*