

Employee Assistance Program: Local Support When It Matters Most

Supporting employees, strengthening leaders and connecting care.

What is the EAP?

The Employee Assistance Program (EAP) through **Emplify Health by Gundersen** provides confidential, short-term support to help employees and their families navigate personal and work-related challenges.

Support the way employees prefer.

EAP provides a confidential path to support — quickly, locally and in a way that meets individual preferences. Excellent access to in-person care is available, while virtual and phone sessions are widely used and easy to accommodate.

Three core areas of support:

1. **Employee Support:** Short-term counseling for stress, anxiety, relationships, substance use and more.
2. **Leadership Support:** Leader-to-leader guidance for behavioral health, performance concerns, difficult conversations and team dynamics.
3. **Education and Training:** Manager training, orientations, workplace well-being sessions and 5 additional hours of complimentary training annually.

Which employers would benefit?

- Regional employers with workforce in SW Wisconsin, SE Minnesota or NE Iowa.
- Organizations seeking locally accessible mental health resources.
- Employers wanting integrated healthcare referrals alongside EAP support.
- HR and benefits leaders needing consultation and training tools.
- Employers seeking a cost-effective alternative to many national EAPs.

Is it right for your employees?

- When employees are struggling, it can impact productivity, attendance and team dynamics.
- Many employees avoid seeking help or do not know where to turn, and small concerns can grow into larger ones.
- EAP helps employees access support early, before concerns escalate.

The EAP is one part of a connected, integrated approach to workforce health.

Get 6 Sessions
per concern, per employee or eligible family member.
An average of
3 Sessions to **Resolution**
per concern.

1 to 3 Days
Access to support.



5 Hours
Complimentary leader & staff training annually.



$ vs $$
Lower program cost than many national EAPs.



A Common Patient Scenario:

A plant manager is managing a struggling team while quietly dealing with burnout.



He's proud of his work and committed to his team. But after months of high pressure, late nights and a difficult situation at home, he's running on empty.

He hasn't mentioned it to HR. He doesn't know where to start — or if there's even an option for someone like him.

The EAP can help him reduce stress, regain focus, support his team and connect to additional care — before things escalate.

Goal

Get support. Stay strong.

How it works:

1. Employee, family member or manager connects with the EAP.
2. Assessment and short-term counseling begins.
3. Support is provided for the immediate need.
4. Referral to additional care if appropriate.
5. Ongoing support for leaders and organization.

Emplify Health by Gundersen	vs.	National EAP
Regional in-person, virtual and phone access		National call center or broad network model
Integrated healthcare solutions		Limited local healthcare integration
Appointments within 1 to 3 business days		Access and wait times may vary
Average of 3 sessions to resolution		Additional sessions may not be fully used
Consultative employer partnership		Standardized service model
Lower program cost than many national EAPs		Higher national program costs

Listen: We start by understanding your workforce needs and current gaps.

Co-Design: We shape the right services and engagement strategy together.

Deliver: Responsive local access, clear communication and ongoing partnership.

Ready to get started?

Connect with your Emplify Health by Gundersen Business Health team.

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