



# Check out our Work/Life Resources.



Our work/life consultants and online resources save time and reduce stress. You can call or visit our website for help navigating personal and professional challenges.

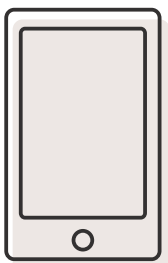
## Call Sentara EAP at 1-800-899-8174 to connect to a work/life consultant!



- Let us help you find resources for childcare, transportation, housing, eldercare, adoption, wellness, and more.
- Speak with a qualified attorney or mediator for a free 30-minute consultation
- Chat with a certified planner, public accountant, or credit counselor for a free 60 minute consultation.

## Get the answers you need on our website!

Find thousands of resources including up-to-date articles, videos, and webinars on work and life topics as well as financial worksheets, legal contracts, savings center, and much more.



### Access the website in three easy steps:

1. Visit **sentaraEAP.com** and enter your organization's username.
2. Click on the Work/Life tile and "Access Enhanced Online Resources," then enter your company code: **Sentara13**
3. Click on "Sign up" and follow the steps to continue using the site.