

# ASSISTNOW®

## EMPLOYEE ASSISTANCE PROGRAM

### A wealth of expert assistance in one highly affordable program

Going to work can sometimes be a great way to avoid thinking about a personal problem. But more often than not, trouble at home spills over into the workplace. One person's pain can affect the entire business—creating lost productivity, increased conflict and absenteeism.

The AssistNow® Employee Assistance Program can help employees and their dependants resolve issues early, so they don't grow into bigger problems that can be more difficult to deal with. Confidential counselling provides people with the help they need, when they need it. And it's a high quality service—the vast majority of counsellors have a Master's degree and years of clinical experience.

Counselling is the heart of the EAP, but there's a whole lot more—both for employees and for leaders. Health information, self-assessments, training, life coaching, management consultation and crisis management are also included at no extra cost.

AssistNow: a wealth of expert assistance in one highly affordable program. Brought to you by Aspiria Corporation.

#### Low cost, high value

- \$3.95 per employee per month
- Services for employees and their dependants:
  - Counselling
  - Life coaching
  - Work life and wellness web portal
  - Self-assessments and other tools and calculators
  - Child care and elder care referral service
  - Smoking cessation treatment
- Services for business leaders and managers:
  - Management consultation
  - Monitored referral program
  - Trauma response service
  - Utilization reports

#### Simple to understand, simple to administer

- One fee covers all services
- Materials to help you promote the EAP to employees
- Annual report outlining how employees have used the service, and calculating the return on your investment in the EAP

Visit [www.empire.ca](http://www.empire.ca) to find out more about **AssistNow**.

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