

# An Employee Assistance Program To Help You Find Balance in Your Life



## Your Integrated EAP, Work/Life, and Wellness Benefit

Today, more than ever, we are looking for ways to stay healthy and balance our work responsibilities with a busy family life.

Your employer offers you and your eligible family members access to NexGen EAP, a prepaid and confidential service that provides quick online or telephonic support to assist you with day-to-day issues, improve your work/life balance, and enhance your wellbeing.

### Your NexGen EAP® Benefits Include:

- 24/7 access to a NexGen EAP intake specialist
- Dedicated Personal Assistants
- Wellness program
- Personalized web portal
- NexGenEAP mobile app
- Health advocacy\*
- Legal consultations
- Pharmacy discount card
- Three free counseling sessions
- Mindfulness training

### Total Wellbeing Program

Access your Total Wellbeing Program virtually via a personalized web portal where you'll find resources for:

#### Access to quality EAP counseling

NexGen EAP includes the coordination of three free, confidential counseling sessions and follow-up with a qualified counselor.

#### Legal consultations

Free legal consultations on issues such as buying a home, bankruptcy, will preparation, immigration issues, ID theft resources, etc.



## Virtual concierge services

Save valuable time and help balance the competing demands of work and life.

- Available 24/7
- Dedicated Personal Assistants
- Provides you with research, referrals, or information on just about any topic.

## Wellness program

- Comprehensive Health Risk Assessment (HRA)
- Up to three sessions with a Personal Wellness Coordinator to help navigate wellness services
- Wellness tools, trackers, and articles

## Mindfulness Training

This training includes quarterly live masterclasses on mental wellness/mindfulness and a library of education videos and exercises to help you build mental resilience, cognitive skills, and emotional management tools to navigate the challenges of today's world.

## Pharmacy discount card

Your Prescription Drug Discount Card may provide discount pricing on commonly used prescription drugs at a variety of participating pharmacies.

This card cannot be used in conjunction with health insurance. Login to [www.nexgeneap.com](http://www.nexgeneap.com) to access your card.

## NexGenEAP mobile app

The NexGenEAP Mobile App gives you the ability to submit requests for counseling, health advocacy\*, Virtual Concierge services, and legal benefits.



To access EAP, personal assistant, wellness, or work/life services:

Simply call **1-800-960-5371** or go to [www.nexgeneap.com](http://www.nexgeneap.com) and follow these steps:

### 1. Click on Member Log-in

Enter user name and password if a returning user, or if a new user, click on **Register**

### 2. Enter Company ID: PBS220

Enter first and last name

### 3. Click on Next and then continue to follow prompts

\*Health Advocacy is available to any employee enrolled in a Paychex PEO-sponsored medical plan or a medical plan administered by Paychex Insurance Agency.