



# SCI's Employee Assistance Program (EAP)

[www.powerflexweb.com/1501/login.html](http://www.powerflexweb.com/1501/login.html)



**SCI's Employee Assistance Program (EAP) website has a wealth of information available to you 24 hours a day/7 days a week**

Visit our *new easy* [log-in page!](#) • Contact your CSP for the Username and Password.

The website, powered by First Advantage, our EAP provider, offers information to help you balance your work and personal life. It also offers assistance on a variety of issues, including taking care of your family, building your career, managing your money, strengthening relationships, parenting and child care, resources for older adults, educational needs, coping with the stress of everyday life and other everyday issues.

SCI and First Advantage realize that sometimes you just want some quick information on a particular life-issue, or prefer to create a self-help plan on your own. Our Online Resources allow you to do just that anytime, anywhere you have Internet access. Materials are updated regularly. The program is easy to access and easy to navigate.

## ONLINE Employee Assistance Program (EAP) services include

### Website in English AND Spanish

- To access the website in Spanish, click on the Spanish Flag in the upper right corner of any page.
  - Para tener acceso a la red en Español, clic en la bandera de español (Spanish) en la esquina derecha superior de cualquier página.*

### The Resource Center

- Topics (Tabs): Parenting, Aging, Balancing, Thriving, Working and Living. ★ See end of this document for a list of sub-topics.
- OVER 3,500 Articles on areas such as: Continuing Education, Home Safety, Planning for Retirement, Consumer & Travel information, College Selection, Meals on Wheels and more!
- Self Assessments and Personal plans for 350 interpersonal and workplace subjects
- Interactive health and wellness assessments, which allow you to quickly assess issues like relationships, stress, alcoholism and so much more. Helpful information and resources are provided based on your results.
- Seminars and Skillbuilders within each category

### Monthly Special Features

- New tools and resources. *Recent and past features include:* Fitness, Adoption, Pet Care & Relationships.

### Learning Center & Online Seminars and Events

- Monthly topical Webinars (online seminars) on various Work-Life matters
- 65 interactive on-line training programs
- Streaming audio and video

### Resource Locator

- Self-search locators for child care, elder care, education, adoption, pet sitting and volunteer opportunities.

### Access to Work-Life Consultants

- Through Instant Message or email you can access resource and referral information on any work-life need.

### Other Valuable Tools

- Financial calculators that can help with issues like buying a home, budgeting, savings and investing.
- Pre-screened "best of web" resource links

## ★ Topics and Sub-Topics

### Parenting

- ★ Parenting
- ★ Adoption
- ★ Child Care
- ★ Developmental Stages
- ★ Kid's Well-Being
- ★ Education

### Aging

- ★ Adults w/Disabilities
- ★ Aging Well
- ★ Planning the Future
- ★ U.S. Systems for the Elderly
- ★ Housing Options
- ★ Home Care

- ★ Health
- ★ Caregivers
- ★ Grief and Loss

### Balancing

- ★ Personal Growth
- ★ Communication
- ★ Families
- ★ Relationships
- ★ Grief and Loss
- ★ Mental Health
- ★ Addiction/Recovery

### Thriving

- ★ Health Tools
- ★ Live Healthy
- ★ Healthy Eating

- ★ Medical Care
- ★ Infant/Toddler Health
- ★ Child Health
- ★ Adolescent Health
- ★ Women's Health
- ★ Men's Health
- ★ Senior Health
- ★ Health Challenges

### Working

- ★ Accomplished Employee
- ★ Effective Manager
- ★ Career Development
- ★ Training/Development
- ★ Workplace Diversity

- ★ Workplace Productivity
- ★ Workplace Safety

### Living

- ★ Consumer Tips
- ★ Home Improvement
- ★ Home Buying/Selling
- ★ Moving
- ★ Financial
- ★ Legal
- ★ Legal Ready Docs
- ★ Errands Online
- ★ Safety
- ★ Pets
- ★ Travel/Leisure Time
- ★ Fraud and Theft

Be sure to **bookmark the site**, take advantage of the extensive online services and **visit monthly** to check out the special features and other educational updates. *Experiment, explore and have fun!*