

Program Description

E4 Health is a leading provider of holistic life services and wellness solutions for organizations worldwide. They have expanded their services to help people simplify their lives by offering a comprehensive service catering to employees and their families to help support a variety of every day needs.

- Care for children, family members or pets
- Lifestyle planning (new parent coaching, weight management, smoking cessation, stress management, etc.)
- Home maintenance and repair
- Travel and recreation
- Housing and relocation
- Volunteering
- Professional development
- Financial counseling (budgeting, taxes, credit/debit assistance, refinancing, etc.)
- Legal consultation (civil/consumer issues, real estate, wills, immigration, family law, etc.)
- ID theft prevention and recovery
- In-person telephonic counseling (up to 3 counseling sessions per issue/year)
- A host of additional services

All services are confidential

Call toll-free: 1-800-828-6025 for routine and urgent issues. Master's-level counselors are available to take your call 24/7. The EAP website is your online toolkit for managing problems in your life anywhere, anytime, as long as you are connected to the Internet. Here you will find tools to help with behavioral health, financial, legal, and work issues. For more information please go to their website: www.HelloE4.com. The user name is "wesleyan university" (the space is needed) and the password is "guest".

Confidential Personal Counseling

The EAP provides confidential in-person assessment and short-term counseling by local professionals for any issue that causes concern. There is no cost for up to three sessions per concern whether you are faculty, staff or a dependent or household member of a Wesleyan University employee. You may receive additional referrals and resources after in person counseling.

Management Consultation

Guidance and coaching for supervisors on effectively handling difficult employee interactions, talking about work performance, and maintaining positive, productive work environments. Initiate a management consultation by calling the main EAP number, 1-800-828-6025, and asking to speak with an EAP Senior Consultant.

Critical/Traumatic Incident Response Services

The EAP provides a range of services to address the impact of traumatic events in the workplace. A critical/traumatic incident could include a coworker's serious illness, death or suicide, a threatening or violent incident in the work setting, or a natural or man-made disaster. The EAP can support your team through facilitated discussions and on-site consultations.