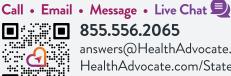
## What to expect when accessing EAP counseling online



You can contact the Employee Assistance Program (EAP) for support with issues such as stress, anxiety, depression, grief, substance use, and family or relationship concerns. For convenient, caring support, you can go online to access virtual therapy. It's quick to get started, with easy access and flexible scheduling to make getting the support you need simple and available when you're ready.

> Connect online or via the app



answers@HealthAdvocate.com HealthAdvocate.com/StateofDE

Registration code: StateofDE

## Take these steps to access support

Log in to the website or app and select EAP: Life & Work Home.



Scroll to Connect to virtual therapy and click Begin here.



You'll be directed to Tava, our virtual counseling platform.



Follow the prompts to create your account.



(Optional) Enter your health insurance info to check if your therapist is in-network for continued care after using your allotted EAP sessions.

Complete a virtual assessment about your needs and how you're feeling.



Indicate your therapist preferences and schedule your appointment.



Enter a credit/debit card (you will only be charged for no-shows or late cancellations).



You'll receive a confirmation email containing a link to join your counseling session at your scheduled time.





