



Creative Solutions for the Demands of Life and Work

Balancing the demands of work and life can be challenging. Since 1983, Inova Employee Assistance has offered support for personal, work and family problems. This service is free to covered employees and their household members.

Confidential Counseling

Our short-term counseling services can help you find solutions to problems ranging from family or workplace frustrations to alcohol or drug abuse. Professional counselors define the problem, provide support, and offer guidance and referrals.

Legal Services

Inova Employee Assistance offers a free 30-minute consultation with an in-network attorney and a 25-percent discount on the attorney’s hourly rate if you choose to retain that attorney. Access to wills, advance directives and other legal documents are available on our website.

Financial Services

Employees and their household members can speak with a financial professional at no charge regarding such issues as retirement planning, debt consolidation,

funding a child’s college education, mortgage loan options and a variety of other financial concerns. Callers receive up to 60 minutes of telephonic consultation per issue. Financial information, tools and calculators are available on our website.

Identity Theft Services

Counselors provide telephonic screening and consultation to callers. If they determine that your identity has been stolen, a “recovery” packet containing everything that you need to resolve your identity-theft issue will be sent to you at no charge.

Work-Life Referral Services

Our work-life consultants will assess your needs, pinpoint appropriate resources and suggest guidelines for evaluating those resources. We will also follow up to ensure your satisfaction with our service. Our consultants can locate resources in a variety of areas including:

- Child care and adoption including emergency back-up care, day care providers, nanny and au pair agencies, summer camps, and more
- Elder care such as adult day care, assisted living, home health, nursing homes and transportation services

- Education information about schools, financial aid, scholarships and educational consultants
- Health and wellness services including holistic care, exercise classes, nutritional counselors, personal trainers and self-help programs
- Pet services such as veterinarians, pet sitters, groomers and obedience trainers
- Daily living services such as sporting event and entertainment tickets, grocery shopping, lawn maintenance, housekeeping services, tee times, restaurant reservations, and many other concierge-related services

Online Resources

Inova Employee Assistance offers an interactive online service that provides 24-hour access to an extensive library of nationwide work-life resources and interactive tools, including:

- Child and elder care locators
- Savings discount center
- Relocation center
- Monthly interactive online seminars
- 24-hour instant messaging access to a work-life consultant

Inova Employee Assistance is here to help.

www.inova.org/eap

Confidential assistance, 24/7 1.800.346.0110

TDD# for the hearing impaired 1.877.845.6465