

NEW! Online COVID-19 Resource Center



To ensure that you get the information, resources, and help that you need as we all work together to get through this difficult time, your EAP has just launched a comprehensive, new online **COVID-19 Resource Center**.

Here's a quick overview of some of the major features available:

- COVID-19 pandemic resources
- Departments of Health links by state
- Tools for employees & managers working remotely
- Resources supporting at-home children, older adults & caregivers
- Help for financial stress & achieving financial stability
- Resources to address your emotional wellbeing and developing resilience
- Webinars and trainings
- Resources in Spanish
- Resources for Military personnel & their families



Login Instructions



1. To access the **COVID-19 Resource Center**, simply log in to www.theEAP.com/TotalCare-EAP.
2. Click the Employee & Family login in the top menu bar.
3. Click the red **Coronavirus (Covid-19) Resource and Training Center**.
4. If you already have a User Name and Password, simply enter that info in the appropriate boxes.
5. If you have not registered, complete the Registration fields/boxes.
6. **You only need to register once.**

If you need help logging in or you want to speak with a counselor, call **800-252-4555**.