



# UNLOCK A HEALTHIER YOU



## August is National Wellness Month

### Prioritize wellness today—because self-care isn't optional, it's essential.

August is National Wellness Month, a time to focus on self-care, stress management, and cultivating healthy routines.

At National EAP, we're here to support you every step of the way. **Start your wellness journey now—connect with us today!**

Reach out to us now and discover the resources and support that await you on your path to wellness.

### Your Employee Assistance Program

24/7 access to EAP counseling services and online resources for you and your immediate family members.

National EAP also offers self-guided support through our Member Portal and Wysa, our AI-powered mental health app, grounded in Cognitive Behavioral Therapy (CBT).



**Need Help?**

CALL : 1-800-624-2593

[Log On to the Member Portal](#)

**Discover how National EAP can support your journey to wellness:**

#### ► Referrals to Medical Nutrition Counseling

- Referrals to Medical Nutrition Counseling: Virtual 1:1 nutrition counseling with expert & flexible registered dietitians
- The counseling covers a wide range of specialties, including:
  - Support for weight loss medications
  - Diabetes management
  - Women's health
  - Managing high cholesterol
  - Weight management in general
  - Gut health
  - Stress management



#### ► Wysa: Mental Resilience App

- Download Wysa, our CBT-based app that offers AI-powered chatbot, for personalized emotional support, and 150+ self-care tools.



#### ► Member Portal

- Access articles, tip sheets, and seminars on nutrition, fitness, stress management, and mindfulness. Gain valuable insights to make informed choices about your health.
- Explore additional articles by visiting your member portal and click on the "Wellness" tab

