

EAP

WELL CHECKS



Prioritize your Wellbeing with NEAP Well Checks

NEAP Well Checks offer members the opportunity to meet one-on-one with an EAP counselor for a brief, personalized assessment of overall well-being, including:



- Physical Health
- Social Health
- Psychological Health
- Professional Health

During your Well Check, you'll identify personal strengths, uncover opportunities for growth, and set meaningful goals to support your mental wellness. You'll also receive EAP education and resources to help guide your next steps.

Life's everyday stress can make it easy to put your own well-being on hold. Take a moment to refocus and invest in yourself—this valuable service is here for you.

Schedule your Personalized Assessment

Schedule your 15-minute NEAP Well Check to gain insight into your well-being and learn about tools and resources available through EAP to support a healthier, more balanced life.

REGISTER TODAY



Contact NEAP for Support



NEAP NATIONAL EAP