

LIFELINE Employee Assistance Program Announces a New Online

Employee Satisfaction Survey

Since its inception in 1988, the HealthQuest Employee Assistance Program has helped thousands of employees and their family members balance work and home. For more than 20 years, the goal has been to provide you with 24/7 access to world-class care, advice, and assistance in managing all of life's stresses.

An important part of the HealthQuest LIFELINE Program has been a very strong commitment to constantly monitor the different services to make sure they meet your needs. Feedback from you and your dependents is an essential part of the process and helps us improve the service and care you receive. To make your feedback and comments more convenient, you can take the new Satisfaction Survey online.

Please visit www.LifeLineEAP.com/survey and let us know about your experiences with the program. The survey is very short and should only take about 30 seconds to complete. As always, your participation is completely confidential and appreciated.

Summary of HealthQuest LIFELINE Employee Assistance Services

Call LIFELINE at 1-800-284-7575 - 24 hours a day, 7 days a week for confidential help handling life's stresses. State of Kansas benefits eligible employees and their family members living in the same household can receive the following benefits at no cost:

Short-term counseling (1-4 face-to-face sessions per issue) with an EAP counselor for a wide variety of concerns. A few of the most common examples why employees use the LIFELINE program are:

- Day-to-day stresses
- Depression and anxiety
- Life transition concerns
- Problems with co-workers or supervisor
- Stress due to layoffs or furloughs
- Loss of a loved one
- Marital and Family issues
- Drug and Alcohol problems

The following services are also available:

- Elder care consultations with an elder care specialist
- Child care referrals from a child care specialist
- Legal consultation with an attorney
- Financial consultations with a professional
- Extended benefit for employees and immediate family members for 6 months after any layoff action
- Life Coaching Programs (employee only)**

****To sign up for life coaching or get more information, visit:** <http://www.khpa.ks.gov/healthquest/lifeline.html>

Take advantage of this valuable employee benefit. For help with the day-to-day stressors of life, simply call **LIFELINE at 1-800-284-7575** any time, day or night, 7 days a week. That's all you need to do. Just pick up the phone. Your call will be completely confidential.

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