



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

24/7/365 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).

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



Need Help?

CALL : 1-800-624-2593

Log On to the Member Portal

****Your company name is your username and password**

 **800-624-2593**  **www.nationaleap.com**

 **info@nationaleap.com**