

Member Benefits Summary – Stat Staff Professionals

Below are the allowable quantities of services available to you and to each of your immediate family members

Service Item	Per Member	Description of Services / Definitions
Free Member Services		
Scheduled Therapeutic Counseling	5	Confidential, scheduled, in-person live, telephonic or video-based counseling sessions with Master's Level Psychotherapist. Typically 50 minutes
Nutrition & Dietary Therapy	1	Scheduled in-person counseling session with a Registered Dietitian/ Nutritionist (RDN)
Phone-based Supportive Counseling	Unlimited	24/7 access to phone-based professional psychotherapist. Calls that exceed 30 minutes may be deducted from Therapeutic Counseling sessions
Web-based Access to Counselors (non-crisis)	Unlimited	<ul style="list-style-type: none"> • Non-crisis, eMail and web-based support. Inquiries are responded to within 24 hours • Live Counselor Chat available during normal business hours • Interactive on-line behavioral health assessment
Wellness <i>Plus</i>	Unlimited	<ul style="list-style-type: none"> • Diet and nutrition supportive calls with registered dietitian • Spiritual Wellness supportive calls with nondenominational corporate chaplain • Fitness coaching and support calls with certified personal trainer
Life-Balance <i>Plus</i>	Unlimited	Health and wellness community resource referrals, Eldercare and for individuals with disabilities
Community Resource Navigation	Unlimited	Phone-based guidance locating and managing issues related to childcare, child support, food assistance, DSS and Medicaid, financial support and loan management, budgeting, bank levees, domestic violence, utility disconnections, housing, transportation, immigration and more
Life Coaching	2	Scheduled in-person session with a professionally trained Life Coach
Group Smoking Cessation	1	Participation in SPHP 7-week "The Butt Stops Here" group smoking cessation program
Legal Referrals	2	<ul style="list-style-type: none"> • Free ½ hour Telephone-based counseling session with Attorney • Free Document Review (max of 6 pages) • Free Simple Will (per NYS definitions) • 25% Discount on hourly rates
Financial Referrals	1	<ul style="list-style-type: none"> • ½ hour Telephone-based counseling session with Financial Advisor • 25% Discount on hourly rates
Crisis Hotline	Unlimited	24/7 Telephone Crisis and on-call Counselors; after-hours Crisis Chat
Web-based Resources	Unlimited	Mental & Behavioral Health Training and EAP Orientation videos, Contact a Counselor and Counselor Chat, Online Mental Health Screenings, mental health subject articles and archives, document downloads, monthly "Mentor" newsletter. Register at www.capitaleap.org
MENTOR Newsletter	12	Mental Health articles, member discounts and monthly workshop schedule
Open Workshops	Unlimited	Participation in all open workshops and training classes at The Behavioral Workshop
Discounted Services		
Partner services subject to change and/or cancellation without notice		
Excelsior College	<input checked="" type="checkbox"/>	Discounts on tuition and fees for both undergraduate and graduate programs. Go to www.capitaleap.org/partners for details
Group Therapy	<input checked="" type="checkbox"/>	75% Discount on any group therapy participation at Capital Counseling
FitSimple	<input checked="" type="checkbox"/>	15% discount on live, online personal training and exercise programs, and one-on-one in-home personal training
GlobalFit	<input checked="" type="checkbox"/>	Lowest rates on participating gyms and health centers, and purchases of exercise equipment with GlobalFit membership
ValueCare at Capital Counseling	<input checked="" type="checkbox"/>	\$35 Flat fee for in-person mental health counseling, dietary therapy, physical fitness consultations and spiritual wellness counseling at Capital Counseling when free EAP sessions are exhausted



For assistance or more information about your benefits, go online at www.capitaleap.org, or call (518) 465-3813 and select Option 2. You must contact Capital EAP for partner discounts.

Your EAP at a Glance



Whole Family Coverage

At Capital EAP, all of the members of your immediate family are covered including your spouse or domestic partner, any legal dependents including children and grandchildren, and any adult family members that you are caring for in your home.



Confidential

Capital EAP is a clinical organization separate from your employer. Your privacy and the use of our services are protected under Federal HIPPA laws. Your employer will never know when you use Capital EAP.



24/7 Access

Capital EAP provides support 24 hours a day, 7 days a week. Whether it's a crisis or a simply request for information, a professional is always available when you need them.



Telephone Access

Telephone support is available for every service we offer – from counselors to nutritionists, financial consultants, wellness coaches and even personal trainers.



Easy Access to Counselors

You can access counseling how and when you need it. In person, phone-based, and through the web.



Counselor Chat and Interactive Services

Not only can you chat with counselors online, Capital EAP provides you with online request forms and anonymous, interactive online health screenings that are answered by live, professional psychotherapists.



Health and Wellness

Your Capital EAP benefit includes access to smoking cessation programs, dietitians, nutritionist, personal trainers and even spiritual coaches to maintain a healthy balance of Mind-Body-Spirit



Work-Life Balance

What affects you outside of work, affects you at work. From financial and legal guidance, to assistance with community resources, aging parents, referral for treatment centers and medical specialists, Capital EAP a first stop for improving situations that distract and negatively impact your success in the workplace.



Crisis Services

Capital EAP maintains its own telephone-based crisis call center with a team of licensed counselors trained in crisis intervention and de-escalation.



Education & Training

Capital EAP provides comprehensive professional and personal skills training, educational classes and curriculums to address corporate compliance, supervisory skills development, individual improvement, and wellness and mental health education. Joining our open workshops is free to you and your family members. See the schedule and join online!

Register Online

To get the most from your Capital EAP benefits and to access all online services, be sure to register online at capitaleap.org. When prompted, **Stat Staff Professionals** Members use Website Access Code **120045** to set up your account.