



**Self-Care Isn't Selfish.  
It's Essential.**

## **NexGenEAP: Your Total Wellbeing Benefit**

Balancing your work, wellness, and personal life can be overwhelming. Your free, **CONFIDENTIAL**, 24/7, **NexGen Employee Assistance Program** includes several services to support your self-care practice so you can show up with less stress and more passion, energy and resilience to become the best version of you.

### **The benefits of practicing self-care:**

- Increased productivity because we learn to “say no” to the unimportant items and focus on what truly matters
- Decrease in stress and anxiety since you're putting your needs first
- Improvement in your immunity and overall health (due to stress reduction)
- Increased positive thinking and an enhanced self esteem

### **Your NexGenEAP services that can help:**

- Immediate connection to a Mental Health Professional
- Financial and legal consultations, one half-hour per issue.
- Virtual Concierge service to conduct research, or plan tasks and projects
- Health Advocacy for assistance with insurance inquires and claims
- Unlimited Wellness resources and coaching with our licensed health coaches

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**Available to you and your eligible family members!**

**1.800.327.2255 | Log-on at [www.nexgeneap.com](http://www.nexgeneap.com) | Mobile app: *BalanceBenefits***