

CLAREMONT EAP

EAP BENEFITS SUMMARY SAN MATEO COMMUNITY COLLEGE DISTRICT

COUNSELING

Three free visits per incident, per year (visits renew 12-months from date of intake). Counseling can address any personal issue such as marital/family conflicts, parenting concerns, substance abuse, work stress, depression, and other issues that affect your quality of life. Additional visits are offered to clients at Claremont's discounted rates.

LEGAL CONSULTATION

Up to 30-minutes of free consultation is provided at no cost. A 25% discount is available for any service beyond the initial consultation. Telephonic or in-person consultation is available. Attorneys have expertise in areas such as family law, consumer issues, traffic violations and personal injury, etc. Free "Simple Will" kits are available upon request.

FINANCIAL SERVICES

An initial 30-60 minute consultation with a financial counselor or CPA is available at no cost. Financial specialists are able to assist employees/family members with budgeting, retirement planning, debt consolidation, ID Theft, financial planning, auto and real estate purchasing, etc. Income tax planning consultations are also available along with a 25% discount for tax preparation by a CPA. Free credit reports are provided upon request.

ELDER/ADULT/CHILD CARE

Nationwide referrals for elder/adult/child care resources are provided. A Dependent Care Specialist consults with each employee/family member to generate a customized report, which provides a listing of appropriate agencies/services and other helpful written information.

SCHOOL/COLLEGE ASSISTANCE

This nationwide program helps parents choose an appropriate elementary or secondary and assistance with the college search process for both college-bound children and the working individual in search of furthering his/her educational needs.

ADOPTION ASSISTANCE

Nationwide referrals for adoption attorneys, agencies, infertility specialists, and support groups are provided.

CONVENIENCE REFERRALS

Referrals for daily living such as pet care, home repair, errand services, travel, entertainment and apartment locator services.

WELLNESS REFERRALS

Help with physician searches, medical support groups, fitness centers, diet & nutrition resources, alternative medicine and other resources.

CLAREMONT PERSONAL ADVANTAGE (CPA)

Unlimited access is provided to Claremont's Enhanced Web Site for articles, resources, videos and assessment about Health/Wellness, Legal/Financial, Emotional Well-Being & Balanced Life.

MANAGEMENT/HUMAN RESOURCES CONSULTATION*

Expert consultation, intervention and on-going case follow-up are available for problem employee situations. The Claremont consultants have expertise in behavioral health, organizational systems, progressive discipline, employment law and human resources. The telephonic consultation is unlimited for managers and HR staff.

CRITICAL INCIDENT STRESS DEBRIEFING (CISD) *

CISD services to respond to emergency situations (e.g. natural disasters, death of a co-worker, etc.) are provided. *Three (3) hours free per incident.*

BROWN BAG SEMINARS *

Seminars include Stress Management, Time Management, Communication Skills, Creating Positive Relationships with Challenging People, Work/Life Balance, Adapting to Change, among many other topics. A Claremont representative is also available to participate in company sponsored health fairs. *Six (6) hours free per contract year.*

** Additional on-site services not included in the EAP are available on a fee-for-service basis.*

*This is not a legal Summary of Benefits and Consultative Services. Some restrictions may apply. 11/17/09
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