



Name: _____

Date: _____

Log in to www.EducatorsEAP.com and earn your reward!

Your EAP Wellness Challenge:

<p>1) After logging in at www.EducatorsEAP.com, view the "Your EAP Orientation Video" on the Self-Help Center home page. Who is covered by your EAP benefit?</p>	
<p>2) When you log into www.EducatorsEAP.com, scroll to the bottom of the page. Click on "Legal Forms" and name one the free legal forms under "Later Life Planning".</p>	
<p>3) What is the 24/7/365 confidential phone number to speak with a counselor?</p>	
<p>4) Log into www.EducatorsEAP.com and scroll to the Learning Centers at the bottom of the page. Name three of the 23 Learning Centers.</p>	
<p>5) Click on the "Sleep Health" Learning Center. Name one of the recommended podcasts to help with sleep.</p>	
<p>6) Name one of the free personal and professional coaching programs available to you and your family members found by clicking "Coaching" at the top of the website.</p>	
<p>7) Click on the "Wellness Center & Physical Health" tile, then choose "Recipes". What is a healthy recipe that you would try?</p>	
<p>8) Go to the Training Center and click "Comprehensive Training Library". Complete a training of interest. Which training did you choose?</p>	
<p>9) Go to the Training Center and click "Comprehensive Training Library". Search SVL_1021224 in the search bar and complete "Building Great Relationships with Coworkers". Attach your Certificate of Completion.</p>	
<p>10) Click on the "Lifestyle Savings Benefit" and view the many available discounts. What is a discount that surprised you?</p>	

For technical assistance, call **1-800-535-4841 ext. 575**.