

## Balanced care *for a better life.*

Personal and workplace challenges can negatively affect your wellness. That's where we come in. The Lucet Employee Assistance Program (EAP) gives you and your loved ones completely free, entirely confidential access to the programs, tools and services you need to live a balanced and happy life.

### Finding your best self

Visit [eap.ndbh.com](http://eap.ndbh.com) and view more than 10,000 resources to assist you in your improvement journey. Some available resources include:

- ◆ Videos
- ◆ Will Prep Toolkit
- ◆ Calculators
- ◆ Self-Assessments
- ◆ Budgeting Worksheets
- ◆ Legal Documents
- ◆ Provider Directories
- ◆ Elder & Child Care Resources
- ◆ Stress Management Tools



### Relationship Support

Visit [eap.lucethealth.com](http://eap.lucethealth.com) to help you find resources to work through parental, personal or work related relationship challenges.

### Legal Resource Center

Explore a large database of free, customizable legal documents for wills, budgeting, retirement planning, big purchases and more. Store documents in one place for easy updates and secure saving.

### Health Resource Library

Search a comprehensive collection of articles, videos, self-assessments, calculators and planners for information on thousands of topics designed to help improve your health.

### Toolkits

Prioritize your mental health and well-being by utilizing our online toolkits which provide reliable materials on a variety of mental and behavioral health topics.

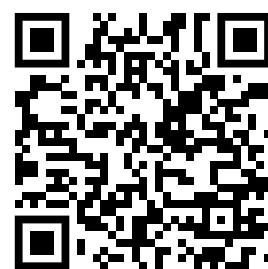
### Live Webinars

Our live monthly webinar series features a wide range of personal and professional development topics. Browse the calendar, register for upcoming topics, and watch on-demand webinars at your convenience.

### ◆ Your well-being is our priority.

Lucet EAP provides confidential support and resources to help you overcome life challenges and live a happy, balanced life.

Visit [eap.lucethealth.com](http://eap.lucethealth.com)



Scan to learn more at  
[eap.lucethealth.com](http://eap.lucethealth.com)