



It's that time of year again! Many of us set new goals and resolutions.

**Now what?**

**Your AWP EAP can assist in navigating resources on nutrition, exercise programs, stress management, well-being, and healthy goal setting – all designed to assist you in achieving success!**

Start off the New Year on the right foot and contact your EAP at 1-800-343-3822 or view our online services at awpnow.com. Help is just a phone call or a click away!

**HelpNet**

Your HelpNet benefit provides access to AWP's self-directed online tools and training. Each program provides self-assessments and modules for specific areas of interest.

To get started, we recommend utilizing the following HelpNet Resources:

**Health Assessment:**

- Fitness
- Health Assessment
- Resilience Scale

**Training:**

- Achieving Personal Goals
- Health and Wellness
- Time Management

*Certificates of participation are available upon successful completion.*

**Tools:**

- The Resilience Journey

You can also enter a keyword or key phrase in the search box to explore opportunities such as Goal Setting, Nutrition, Exercise, Weight Management and more.

**Counseling**

The hardest part in achieving a goal is changing behavior. Working with an EAP counselor can help you create a plan, follow the steps and overcome challenges. Your EAP offers short-term counseling for a variety of personal issues, including stress.

- Relationship Issues
- Personal Growth
- Stress and Lifestyle Balance
- Depression / Anxiety
- Financial Issues
- Substance Abuse
- Legal Issues
- ANY problem affecting your Quality of Life

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**Confidential**

No identifying information is provided to your employer

**No cost to you**

**Available anytime**

24 hours a day, 7 days a week, 365 days a year.

**Get Started Today!**

**800-343-3822**



**AWPnow.com**

Your AWPnow.com blog provides tips, tools and resources for a variety of what life hands us each and every day. Maintaining a healthy lifestyle is an everyday challenge especially if you are just beginning your journey. Search for articles on what to eat, how to develop a meal plan, how to survive the holiday feasts and treats, how to set fitness goals or 10-minute workouts. You can always depend on the AWP blog to provide quality articles that guide you through your healthy lifestyle journey.

**Topics include:**

- How to Set Fitness Goals and Crush Them
- Workouts That Help You Burn 100 Calories in Just 10 Minutes
- Delicious Swaps for a Heart Healthy Diet
- How to Cook Faster, More Healthful Meals

**Select a Category or Search:**

- Fitness & Exercise
- Meal Planning
- Goal Setting

Take a look to see what you can learn today, or maybe find a reminder (or two):

**Monthly Webinars**

There are times when you need information and others where you need motivation. We can help you with both! Our timely webinars are a great resource for developing your talents at no cost to you. Participate in the live webinar or view the recording via AWPnow.com.

**Monthly Newsletters**

Your monthly EAP Publications – Balanced Living and Wellness News - provide timely articles and resources for a healthy lifestyle. Check them out each month for useful information.

**Lifestyle Tip Sheets**

Flyers providing tips and tools to manage daily healthy living. These are available upon request in PDF format. Topics include: **Exercise Your Way, Start Walking, Checklist for Everyday Health, Grilling Healthy**, and many more.

**WorkLife Services**

Your EAP regularly helps people much like yourself locate the services they need to help family members and themselves cope with life’s challenges. Frequently the hardest part of a decision is doing the research to make your choice. By calling 800-343-3822, you can have a no cost, confidential conversation with an Intake Counselor who will assist you with telephonic resources and referrals for every day needs.

Includes:

- Volunteer opportunities
- Legal
- Elder Care
- Nutrition
- Hotlines
- Support Groups

... and more

**Financial Stress**

Each day, millions of Americans struggle with their finances. Money matters go beyond just not having enough money at the end of the month. The strain impacts health, well-being and relationships. Surveys indicate people sleep less, argue more, eat poorly, gain weight and get sick more often. **Your EAP can help you get back on track!** Call us today to get started.