

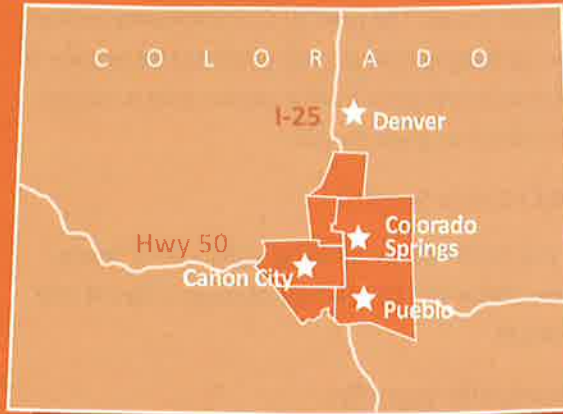
## Problems are a part of life.

Your employer recognizes that, at any time, you or your family members may experience personal difficulties that may seriously affect your life. If these difficulties go unresolved for a period of time they are likely to impair your ability to cope as effectively at home and on the job. That is why your employer provides a confidential Employee Assistance Program (EAP) for you and your family. Your use of our services is not reported to your employer. The EAP benefit provides Professional Counseling Services, Legal, Financial and other resources to assist your emotional and mental well-being and bring balance to your life.



Profile EAP  
Centura Health.

### Locations



### Office Information

**Phone:**

Colorado Springs: 719-634-1825

Denver: 303-765-6363

Pueblo: 719-560-0612

Cañon City: 719-275-4245

Toll Free: 1-800-645-6571

**Fax:** 719-634-1874

**Website:** [www.ProfileEAP.org](http://www.ProfileEAP.org)

**Contact:**

Rhonda Gerberich

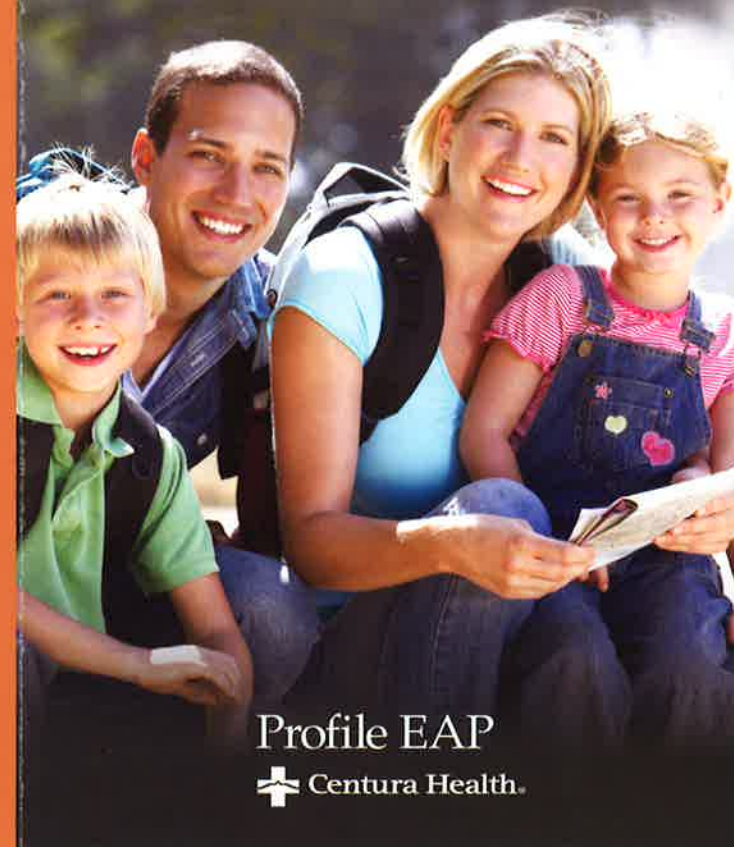
[rhondagerberich@centura.org](mailto:rhondagerberich@centura.org)

719-776-7986

*We are part of Centura Health, the region's leading health care network.*

*Centura Health does not discriminate against any person on the basis of race, color, national origin, disability, age, sex, religion, creed, ancestry, sexual orientation, and marital status in admission, treatment, or participation in its programs, services and activities, or in employment. For further information about this policy contact Centura Health's Office of the General Counsel at (303) 804-8166. Copyright © Centura Health 2016.*

## Profile Employee Assistance Programs Helping Employees Balance Work, Family & Life



Profile EAP  
Centura Health.

## Who is covered under the benefit?

All full-time and part-time employees, spouses and unmarried dependent children to age 26 are covered. Please check the insert for the number of sessions provided by your employer.

## How does the EAP work?

Getting help is simple. You can schedule an appointment by calling the office located nearest you or toll free at 1-800-645-6571. Our offices are open from 8am – 5:30pm, Monday through Thursday and 8am – 4pm on Fridays. A counselor is available 24 hours per day, 7 days per week for crisis assistance. Or, visit our website [www.ProfileEAP.org](http://www.ProfileEAP.org) to access other benefits.

## Counseling Benefit

Our licensed, professional counselors are here to help you with your life's problems. You may want to consider calling for help if you encounter problems such as:

- Relationship issues
- Family problems
- Grief
- Stress, depression or anxiety
- Substance abuse
- Workplace difficulties

Almost any personal or professional problem is appropriate for seeking assistance through your EAP.

## Confidential

Profile EAP is located away from your workplace. This is intentional to maintain your privacy and to create a comfortable atmosphere to discuss difficult issues. The Laws of Confidentiality protect you by making it illegal and unethical for anyone to release information from a session unless written permission is given by you.

## 24/7 Crisis Service

If you need help in handling a crisis, after hours, a counselor can be reached 24 hours a day at one number.

## Work/Life Benefits

We offer a broad range of solutions for your everyday work/life problems. These may include:

- Legal problems not related to employment
- Financial information
- Childcare or eldercare help
- Interpersonal skills with co-workers or family

## Information Resources\*

Sometimes the best solution simply requires finding the right information. We have a large database of articles, tools and forms to help you. Log on to the website and enter your employer username and password to access our library for help with:

- **Behavioral Health** – information for dealing with everything from stress to substance abuse
- **Financial** – Articles, tools, calculators to help with most financial needs
- **Legal** – Legal forms, articles, and information for most legal problems or questions

\*Check the brochure insert to see if your employer has included this service in your benefit.



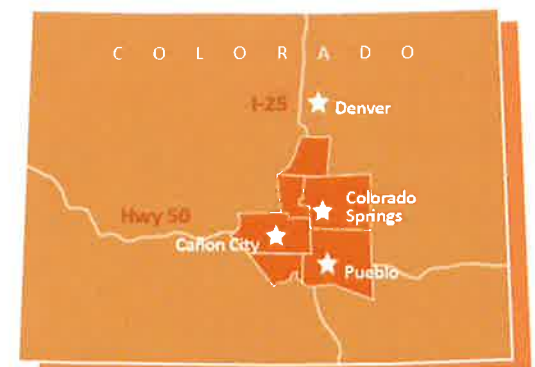
## Employee Assistance Program Benefits for Employees of **City of Pueblo**

### Your benefit includes:

- 6 sessions per person, per problem, per year
- Legal/financial services
  - Free initial consultation
  - Discounted rates on additional services
- LifeCycle Resource & Referral Service
- Unlimited access to information
  - [www.ProfileEAP.org](http://www.ProfileEAP.org) websites
  - Username: Pueblo
  - Password: 2050

### Office location information:

Pueblo	719-560-0612
Toll Free	1-800-645-6571



*We are part of Centura Health,  
the region's leading health care network.*