



**The Employee Assistance Program offers these services and more:**

- Financial planning
- Legal assistance
- Sessions with a family counselor
- Work-life assistance with child care, home repair or pet care
- User-friendly website with tools for:
  - Health and well-being
  - Career and workplace
  - Financial security

*Detach and keep this card with you at all times.*

## Employee Assistance Program (EAP)

As an employee of Mister Car Wash, you are eligible for Lincoln Financial Group's EAP provided by Morneau Shepell.

The following EAP services are available to you and your immediate family members.<sup>1</sup>

Services	Financial	Legal	Family
<p><b>Face-to-face sessions<sup>2,3,4</sup></b></p> <p><b>Assistance on the phone</b></p> <ul style="list-style-type: none"> <li>• Unlimited 24/7/365 assessments</li> <li>• Text</li> <li>• Live chat via website</li> </ul> <p><b>Assistance with</b></p> <ul style="list-style-type: none"> <li>• Marital and family concerns</li> <li>• Stress and anxiety management</li> <li>• Depression</li> <li>• Alcohol and drug abuse</li> <li>• Grief and loss</li> </ul> <p><b>Also available</b></p> <ul style="list-style-type: none"> <li>• Resource center for daily living discounts</li> <li>• Better Living wellness portal</li> </ul>	<p><b>Assistance from financial counselors</b></p> <ul style="list-style-type: none"> <li>• Address financial concerns</li> <li>• Request educational material</li> </ul> <p><b>Financial advice sessions</b></p> <ul style="list-style-type: none"> <li>• One free phone session and financial worksheet review</li> </ul> <p><b>Assistance with</b></p> <ul style="list-style-type: none"> <li>• Financial planning</li> <li>• Credit and debt management</li> <li>• Real estate/mortgage information</li> </ul>	<p><b>Assistance from attorneys</b></p> <ul style="list-style-type: none"> <li>• Free 30-minute session face-to-face or on the phone.</li> <li>• Employee discount (up to 25%) on additional services</li> </ul> <p><b>Assistance with</b></p> <ul style="list-style-type: none"> <li>• Document preparation</li> <li>• Divorce and separation management</li> <li>• Real estate</li> <li>• Civil matters</li> </ul>	<p><b>Assistance from work-life specialists and care consultants</b></p> <ul style="list-style-type: none"> <li>• Free phone session</li> <li>• Online access to information and provider locators</li> </ul> <p><b>Assistance with</b></p> <ul style="list-style-type: none"> <li>• Child care</li> <li>• Elder care</li> <li>• Adoption</li> <li>• Education</li> </ul> <p><b>Care consultant assistance with</b></p> <ul style="list-style-type: none"> <li>• Apartment locators</li> <li>• Home repair contractors</li> <li>• Pet care and training</li> <li>• Transportation and travel</li> </ul>

<sup>1</sup>With respect to a covered employee, "immediate family members" are those individuals who reside in the employee's household and are related to the employee by kinship, adoption or marriage, including any foster children. Minor children of the employee will be considered immediate family members regardless of whether they live in the same household as the employee.

<sup>2</sup>In California, covered individuals are limited to three (3) sessions in a six-month period, not to exceed a total of five (5) sessions per year.

<sup>3</sup>Covered individuals are eligible for a combined total of five (5) face-to-face sessions (per presenting problem) with Morneau Shepell clinicians. Individual face-to-face sessions are available for covered individuals 16 years and older. Family/group face-to-face sessions are available for covered individuals 12 years and older, and their parents. Face-to-face sessions are not available to children under the age of 12.

<sup>4</sup>Covered individuals with complex and/or longer-term problems will be referred by your Morneau Shepell clinician to another professionally trained clinician. This referral will be billed to your health insurance plan or a community provider and does not count toward your five (5) grief and/or legal sessions.

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## EAP: Web services

Lincoln's EAP website is user-friendly and offers practical EAP-related information that addresses emotional well-being, health and wellness, and daily living concerns. Resources available include interactive self-assessments, a comprehensive library of articles and guides and financial calculators. The website provides employees and their immediate family members with the information they need and is conveniently organized in the following categories:

### Health and well-being

Improve your physical and mental well-being with helpful health information. Utilize self-help tools, self-assessments and information on emotional resilience, self-esteem, grief and bereavement. You can also find guidance on how to access help for conditions such as anxiety, depression and addiction.

### Career and workplace

Access tools to help you manage your career, better handle workplace relationships and find work-life balance. Resources include employee and supervisor work performance toolboxes with articles and information to help develop workplace and leadership skills. Information on managing work-related issues, such as conflict and communication, is also available.

### Financial security

Achieve financial well-being with a better understanding of financial matters. Read articles to help address financial and legal questions, such as:

- Debt
- Investments
- Retirement
- Taxes
- Bankruptcy
- Wills and estate planning
- Identity theft

State-specific legal forms and documents are available for personal use and can be stored on a secure server.

### Financial calculators are also available for the following topics

- Mortgage
- Loan
- Auto
- Credit cards and debt management
- Retirement savings

### Life events

Find useful information to better inform and support you during life events and times of change. Resources are available to help address responsibilities and issues concerning the family, such as pregnancy, child care, parenting, child and adolescent development, and elder care. This site also includes a locator that allows users to search for child and elder care options.



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**Access your EAP services**

**Call: 866-695-6327**

**Visit: [workhealthlife.com/mlaeap](http://workhealthlife.com/mlaeap)**



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#### **EAP services are available to the employee and immediate family members with any work, health or life concerns:**

- Dealing with stress, anxiety and depression
- Addressing alcohol and drug misuse
- Accessing crisis and trauma support
- Resolving personal and emotional difficulties
- Addressing marital and relationship difficulties
- Understanding grief and bereavement

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