

Northwestern Medical Center is pleased to announce an enhancement to our Employee Assistance Program (EAP). Workplace Solutions Inc., our employee assistance provider, has joined with KGA, Inc., another well regarded New England employee assistance provider.

What does this mean for us?

Beginning **October 1st**, we will have 24/7 access to new and convenient resources through KGA. As always, you and your household members can receive **confidential** consultations, counseling, and referrals at **no cost** to you.

We all lead busy lives. Each of us can benefit from expert assistance at one time or another. I encourage all of us to take advantage of this valuable service.

How to access support through KGA:

1. Login to my.kgalifeservices.com with your company code: **nmc**
2. For easy access download the app, **KGA Mobile**, in the [Apple](#) or [Google Play](#) stores.
3. **Phone:** 800-648-9557 or **Email:** info@kgreer.com

How KGA can support you:

Counseling In-person, phone, video or text message-based sessions to help resolve emotional and mental health issues

Crisis Immediate intervention for depression, anxiety, substance misuse and risk of harm to self or others

Convenience Referrals for services ranging from pet sitting and house cleaning to fitness classes and continuing education resources

Eldercare Consultations and referrals to meet the needs of elders and the caregivers supporting them

Family Referrals for childcare needs and support for parenting challenges. Access to family/couples counseling

Financial Consultations with licensed professionals for debt management, budgeting, and financial planning

Legal Consultations with an attorney and referrals for most legal issues*

Nutrition Consultations with a registered dietician on weight management, food allergies, children's nutrition and other dietary needs

Stress Assessment of stress level and techniques/tips for managing stress

Work Support for work stress and consultations for career exploration

* If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, they are doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.