

# NATIONAL (EAP) NEWS

A Regular Publication by National EAP, Inc.



## FEBRUARY

### "THRIVE" WITH NATIONAL EAP

#### Create Your Mental Fitness Plan

Have you considered how you are going to manage your mental fitness this year? For many people, their mental wellness has taken a toll in the past two years and now is the time to plan how you will get yourself to a place of wellness. Like our physical health, we must work on mental health to maintain or improve. Join our THRIVE workshop on **February 16th at 12:30pm EST**, to learn the elements you should consider when creating your mental fitness plan for 2022.

To register, [click here](#)

### 5 WAYS TO BEAT THE WINTER BLUES

If colder weather and shorter days cause you to feel the winter blues, you're not alone. It's not uncommon to experience fatigue, sadness, difficulty concentrating, and a disruption in your sleep schedule during the winter season.

Here are 5 ways to beat the Winter Blues:

1. Get outside everyday even if you have to bundle up!
2. Plan a get together with friends (virtual game nights never go out of style. Try playing JackBox over zoom!)
3. Focus on your sleep
4. Try a new hobby
5. Call National EAP to speak with a counselor

Struggling with Seasonal Depression? Reach out to a National EAP Counselor today at **800-624-2593** or [info@nationaleap.com](mailto:info@nationaleap.com)

### COVID-19: OMICRON VARIANT STRESS

Just when we thought we had a grasp on COVID-19, the Omicron variant emerged, adding extra layers of stress to our daily lives.

We understand that our members are feeling different stages of fatigue, frustration, and fear from this pandemic. National EAP has a variety of services to help navigate our members through these unprecedented times.

How National EAP Can Help You Respond to Omicron:

- Individual Wellness Consultation
- 1:1 EAP Counseling
- In-the-moment Support
- Self Care Resources on your Member Website
- Daily Live and on Demand Mindfulness Solutions on eM Life
- Financial and Legal Resources
- Live Chat with a Counselor at NationalEAP.com

Stressed about the Omicron Variant? Reach out to a National EAP Counselor today at **800-624-2593** or [info@nationaleap.com](mailto:info@nationaleap.com)



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### NATIONAL EAP SERVICES SPOTLIGHT - ID THEFT SERVICES

Are you dealing with a ID fraud related emergency? We can help as we providing identity theft services that are confidential and easily accessible, while providing an administrative structure for dealing quickly and effectively with ID theft concerns.

When a member contacts National EAP at **800-624-2593**, you will be directed to a Fraud Resolution Specialist (FRS) and receive a free, sixty (60) minute telephonic consultation. The FRS will assist with the following seven emergency response activities:

-  Provide the member with an ID Theft Affidavit, answer any questions with regard to completing the affidavit, and counsel the member on submitting the affidavit to the proper authorities, credit reporting agencies, creditors, collection companies and law firms
-  Provide separate fraudulent account forms or letters for itemizing each fraudulent occurrence and advising the member on where to submit those forms and letters
-  Direct the member on where to report the fraudulent activity and how to notify the local and federal authorities, as well as the fraud departments of the member's creditors
-  Provide contact information for the three major credit reporting agencies: TransUnion, Experian and Equifax



-  Advise the member on how to obtain a free copy of the member's credit report (now and every four months thereafter), and how to place a "Fraud Alert" and/or "Security/Credit Freeze" on the member's credit file
-  Provide the member with an Emergency Response Kit, which includes contact information and preventative steps to take immediately
-  Educate the member on how identity theft occurs and inform the member of protective measures to take to avoid further ID theft occurrences and resulting damage to the member's credit history and credit score

Contact National EAP Counselor today, to be connected with a Fraud Resolution Specialist. **800.624.2593** or at **info@nationaleap.com**

**We Are Always Here For You**

Call or log on to get started.  
TOLL-FREE: 1-800-624-2593  
WEBSITE: [www.nationaleap.com](http://www.nationaleap.com)