



# LIFESTYLE EAP

Wellness at Work

Lifestyle EAP is focused on service as we face the challenges impacting us as a result of COVID-19

Lifestyle EAP is available 24/7/365 as we proudly serve employees and their family members during these uncertain times

Face-to-face counseling sessions are still available to provide a confidential assessment, short-term solution focused counseling and referral. We've increased the number of providers able to provide virtual visits and telephonic counseling as an alternative for employees who prefer to remain home.

We've set guidelines for face-to-face visits and screen each caller - below is an abbreviated version of the questions:

- Have you had contact, to your knowledge, with someone who has been diagnosed with COVID-19?
- Do you have any current symptoms of respiratory illness?
- Do you have any of the follow symptoms?
  - Fever, cough, difficulty breathing, diarrhea, loss of smell, loss of taste, or muscle pain
- Are you actively being tested for COVID-19, have you tested positive for COVID-19 (within the past 28 days), or do you have a household member that has COVID-19?
- Do you have a temperature of 100.4 or higher?

#### **Lifestyle EAP offers:**

- 24/7/365 telephonic support from licensed mental health professionals
- Virtual and face-to-face solution-focused counseling
- Management tools and consultations
- Eldercare resources and referrals
- Childcare resources and referrals
- ldentity Theft Recovery and Prevention
- Legal consultations
- Financial consultations
- Interactive website
- Critical Incident Stress Management
- Wellness Seminars





## **COVID-19: Creating a Safe Workplace**

The following resources will help you and your employees during the coronavirus (COVID-19) pandemic. Returning to work, in a safe and confident manner, can be challenging for everyone. With the help of Cleveland Clinic caregivers and the CDC, we hope that these tools are useful in developing and implementing a plan for your team, as we continue to navigate this pandemic together.

Click here to get started



For Educators



For Hotel Employers



For Faith Leaders



For Manufacturing Employers



For Restaurant Employers



For Healthcare Providers



For Retail Employers





### **Still Need More Help?**

The Cleveland Clinic offers a variety of supports through consultations and onsite walk-throughs with Occupational Health physicians. For more information on these services, please reach out to your Lifestyle EAP account manager.

#### Services available include but are not limited to:

- 1-hour telephonic consultations with an Occupational Health physician
- COVID-19 onsite facilities assessments with an Occupational Health physician



### Meet Dr. Amanda Hagen, MD, MPH, FACOEM

Dr. Hagen is the Medical Director of Cleveland Clinic at Work. A graduate of Jefferson Medical College and former US Naval Flight Surgeon, she currently oversees our occupational health and on-site clinic services for local, regional and national employers. She is double board certified in occupational medicine and preventative medicine and public health.