

The City of Akron offers employees and their immediate family the benefit of the ease@work Employee Assistance Program (EAP). By offering this program, we are making an investment in your well-being. We strive to be supportive of your emotional, physical and social needs at home and at work, which, ultimately bring about a healthier and more balanced life for you and your family.

Available to you and your eligible dependents are the services of qualified professionals who can assist in dealing with a wide variety of issues and concerns, such as:

Stress	Family relationship	Smoking cessation
Drug/Alcohol abuse	Geriatric concerns	Retirement concerns
Marital issues	Finances/Budgeting	Legal issues
Grief/Loss	Adolescent	Depression/Anxiety
Fitness	Fitness coaching	Nutrition coaching

The City of Akron pays the full cost of the EAP program.

EAP services adhere to and follow strict guidelines to ensure your privacy and confidentiality. The only aggregated, statistical information shared includes data such as the number of cases and hours of service provided; no individual names or identifying information is ever released.

You and your eligible dependents may attend up to 6 (six) face to face sessions that provide short-term counseling and coaching per issue per calendar year.

Please share this information with your family. Any member of your household is eligible for this benefit. Assure them the program is strictly confidential. We encourage you to call the EAP anytime you need them.

Contact ease@work 24/7 by calling 1-800-521-3273 or log on to the Member Portal and App in the top right hand corner at www.EaseAtWork.com
To create an account use code: akron



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