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Ron DeSantis, Governor

MANAGEMENT ADVISORY #19-003

DATE: March 29, 2019
TO: Agency and University Personnel Officers and Benefits Coordinators
FROM: Savetra Robinson, Contract Manager
SUBJECT: E4 Health Name Change – Effective Immediately

Effective immediately, your State of Florida Employee Assistance Program (SOF EAP) has undergone a company change from E4 Health, LLC to New Directions Behavioral Health, LLC (New Directions). With this change, e-mails will come from New Directions but the E4 logo and website addresses will not change in the People First portal or on the MyBenefits website.

If you have any questions or comments regarding this new change, please contact the Division of State Group Insurance's New Direction Contract Manager, Savetra Robinson, at Savetra.Robinson@dms.myflorida.com.

STATE OF FLORIDA EMPLOYEE ASSISTANCE PROGRAM - EAP

New name and look Same great EAP

Let's be real: life can be tough. When your responsibilities start to feel overwhelming and showing up each day with a smile on your face seems difficult, it's important to reach out for help. You can lean on your free and confidential State of Florida Employee Assistance Program (SOF EAP) for support.

While the partner name has switched from E4 Health to New Directions, you and your loved ones can count on the same great services SOF EAP offers to make your life easier and your health improved.

SOF EAP has your back.

A free benefit from your workplace, the EAP can help you, your dependents (up to 26 years of age) or anyone in your household:

- Be more present and productive at work
- Receive support when you don't feel like yourself
- Get help with responsibilities that are distracting or stressful
- Grow personal and career skills
- Be a caring, loving friend or family member
- Receive care after a traumatic event or diagnosis
- Make healthy lifestyle choices
- Improve and inspire daily life

We're here for you, always.

Life happens, regardless of the day or time. That's why we make ourselves available 24/7, even on holidays. So whenever you need to reach out, we're here for you.



Support Line
Call anytime
844-208-7067



Web
Visit sofeap.com
for resources

SERVICES

- ☑ **Counseling**
 - In-person
 - Telephone
 - Text messaging
 - In-the-moment
 - Video
- ☑ **Consultation on**
 - Finances
 - Legal needs
 - Managing employees
 - Life
- ☑ **Crisis support**
- ☑ **Coaching**
- ☑ **Adult and child care resources**
- ☑ **Personal and professional training**

sofeap.com
844-208-7067

Services are free and your employer will not know you reached out.
Flip this sheet over to see some common reasons people use EAP.

“The EAP has been beneficial in so many ways I don’t know how I would have gotten through without it.”

Whatever life throws your way, we’re here to help.

Stress, relationships, work and money. These are the most common reasons people reach out to SOF EAP every year. But no matter what issues you’re facing, the EAP is the perfect first step for you or your family members to:

Reduce stress

Some stress can be a good thing, but too much can be debilitating and unhealthy. Counseling, assessments, coaching, apps, meditation practices, online tools and more can help you improve areas that need work.

Handle a life curve ball

Divorce, adoption, losing a loved one, career changes and moving can all interrupt one’s daily life. Counseling, thousands of online tools, coaching and consultations can help you adjust.

Cope after crisis

Mentally processing and coping after a traumatic event generally takes time and expert care. Counseling, education sheets and communication can help when a crisis occurs.

Support and improve relationships

Raising kids, living with others or improving friendships can take guidance and investment. Counseling, videos, tip sheets and advice make this easier. Referrals to credible daycares, assisted living facilities, dog walkers, physicians, etc. can also help.

Focus at work

We all experience feeling a lack of productivity and engagement at work sometimes. Trainings, advice and custom behavioral strategies can help you become more focused.

Lead others

If you supervise people at work, it’s likely you handle difficult things like performance issues, troubled employees, HR law and hard conversations. Dedicated consultants can provide guidance so you can do your job and have less stress.

Navigate the legal system

Handling a landlord, large purchase, estate or even an infraction can be easier with the help of a legal expert and thousands of online templates to put into action.

Reduce debt

Money worries can be minimized with custom action plans developed with a financial expert to save, reduce debt or afford a life desired.

Live a healthy life

Changing behaviors to quit smoking, lose weight, manage a disease or exercise more can be more manageable when broken into baby steps. Coaching, videos, counseling and digital tools can help you start living healthy.

Take the first step and call today.

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