

# VIDEO EAP COUNSELING

Convenient. Accessible. Available.



## Easy as 1-2-3

1. Contact EAC to schedule a time that works for you.
2. Check your email at least 24 hours before your appointment to complete initial visit paperwork and download our video conferencing software.
3. At your scheduled appointment time, go to a private location and click on the link sent to you via email.

Your EAP counselor is available to help YOU!

## What Is Video EAP Counseling?

Video EAP counseling uses web-based technology as an alternative to traditional in-office counseling. When barriers such as transportation issues, trouble finding child care and other scheduling conflicts arise, Video EAP counseling is a convenient and accessible solution to getting the help that you need, where you need it.

### What do I need?

A high speed internet connection and one of the following: tablet, smartphone, or computer/laptop with camera, speakers and a microphone.

## Frequently Asked Questions (FAQ's)

**Q: Is Video EAP counseling compliant with the Health Insurance Portability and Accountability Act (HIPAA)?**

A: Yes. Our software was built to meet and exceed all HIPAA requirements. EAC also maintains additional protocols to ensure communications are conducted in a secure and confidential manner.

**Q. Can I address any concern?**

A: Yes. Video EAP counseling is suitable for most issues.

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*"This is a great feature that brings EAC closer to our employees."*

*- HR Manager*

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*"This option will benefit employees who rely on public or other transportation to access your services."*

*- HR Manager*

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**EAC**  
Employee Assistance Center  
IMPROVING LIVES AT WORK AND AT HOME

[www.eaccare.com](http://www.eaccare.com)

For more FAQ's, please visit [www.eacworklife.com](http://www.eacworklife.com)