



EAP Benefit Summary

Prepared exclusively for:
Pleasanton USD

Counseling

Three free visits per incident, per year (visits renew 12-months from date of intake).

Short-term counseling can address any personal issue such as marital/family conflicts, parenting concerns, substance abuse, work stress, depression, and other issues that affect your quality of life, and is available in person or via video conference.

Legal Consultation

An initial 30-minute consultation with an attorney is provided at no cost. A 25% discount is available for any service beyond the initial consultation. Telephonic or in-person consultation is available. Attorneys have expertise in areas such as family law, consumer issues, traffic violations and personal injury, etc. Free "Simple Will" kits are available upon request.

Financial Services

An initial 30-minute telephonic consultation with a financial coach is available at no cost. Financial specialists are able to assist employees/family members with budgeting, debt management, tax planning, retirement, home buying strategies, college planning, credit report coaching, etc.

Convenience Referrals

Referrals provided for daily living such as pet care, home repair, errand services, travel, entertainment and apartment locator services.

Wellness Referrals

Help with physician searches, medical support groups, fitness centers, diet & nutrition resources, alternative medicine, and other resources.

Elder/Adult/Child Care

Nationwide referrals for elder/adult/child care resources are provided. A Work/Life Specialist consults with each employee or family member to generate a customized report, which provides a listing of appropriate agencies/services and other helpful written information.

School/College Assistance

This nationwide program helps parents research elementary and/or secondary schools for their child. Claremont also provides assistance with the college search process for both college-bound children and the working adult in search of furthering his/her educational needs.

Adoption Assistance

Nationwide referrals for adoption attorneys, agencies, infertility specialists, and support groups are provided.



Call toll-free
800-834-3773
claremonteap.com



Claremont Personal Advantage (CPA)

Unlimited access is provided to Claremont’s Enhanced Web Site for articles, resources, videos and assessments about health, finance, legal issues, personal growth, stress, family life and more.

Go to:

<https://claremonteap.personaladvantage.com>
and use company name:

Pleasanton USD

Management/Human Resources Consultation *

Consultation, intervention and on-going case follow-up are available for problem employee situations. The Claremont consultants have expertise in behavioral health, organizational systems, progressive discipline and human resources. The telephonic consultation is unlimited for supervisors, managers and HR staff.

Critical Incident Stress Debriefing (CISD) *

Onsite CISD services to respond to emergency situations (e.g. natural disasters, death of a co-worker, etc.) are provided.

CISD hours are fee-for-service, billed at \$275/hour for onsite time.

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Brown Bag Seminars *

Seminars include:

- Stress Management
 - Time Management
 - Communication Skills
 - Creating Positive Relationships/Handling Difficult Situations
 - Work/Life Balance
 - Adapting to Change
- among many other topics.



Brown Bag Seminars are fee-for-service, billed at \$375/one-hour session.

*** Additional on-site services such as customized training, conflict resolution, team building are also available on a fee-for-service basis. Please contact your Account Manager for more information.**



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Helping you be your best.