

Employee Assistance Plan (EAP)

Administered by Higher Ed EAP

Get help with challenges at work and home

- Members and household members have instant, confidential, 24/7/365 support
 - Up to 8 sessions per calendar year
 - Counselors are Masters and/or Ph.D.- level experienced clinicians
 - Telephone consultations
 - Face-to-face meetings
 - Confidential and free
 - Legal Benefit
 - Personal Research Assistant
 - Peak Performance Coaching
 - Higher Ed Specific EAP Resource Centers
- EAP Counseling can assist with:
 - Grief, Depression, Anxiety
 - Family and Relationship issues
 - Stress at work
 - Substance Abuse and more
- Talkspace Go App is included
 - A free EAP benefit for you and eligible family members aged 13+
 - A mobile app you can use to improve your mental health and well-being
 - Get help for relationships, parenting, depression, and much more



800-252-4555



HigherEdEAP.co



Download Talkspace Go from the Apple App store or Google Play by scanning the QR Code below.

Sign up and create an account

Enter your organization's code: **ESIEAP**



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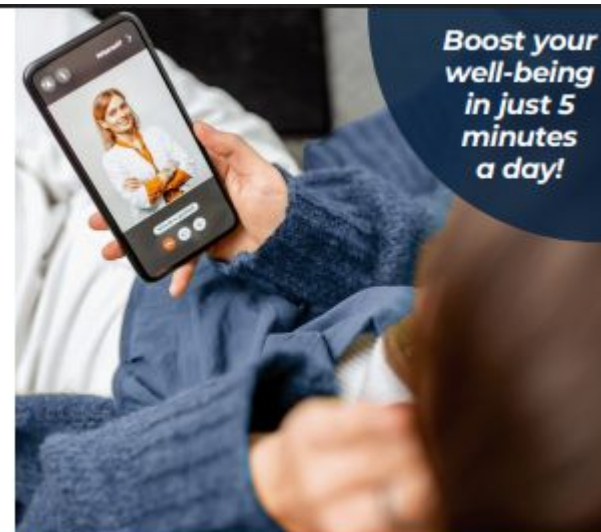


800.252.4555
www.HigherEdEAP.com

EAP Benefit

Talkspace Go

Talkspace Go is a free EAP benefit for you and eligible family members aged 13+. It's a mobile app you can use to **improve your mental health and well-being in just 5 minutes a day!** Get help for relationships, parenting, depression, and much more.



✓ Features included

Self-guided programs for individuals, couples, and parents. Build mental well-being through personalized courses, daily journaling, and weekly live classes with therapists.

- 400+ self-guided, interactive courses
- Live weekly therapist-led anonymous group classes
- Assessments, meditation exercises, journaling, & reminders
- Address anxiety, stress, burnout, trust, & more

✓ Check it out!

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✓ How it works

First, you answer a series of questions to get to the root of your issues. Based on your responses, you'll get a personalized, self-paced course from our library of counseling programs.



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Enter our organization's code: **ESIEAP**

Healthy Minds Free App:

<https://www.humin.org/wellbeing-tools/app>

★★★★★ YOUR PATH TO A CALMER, STRONGER MIND

The Free Healthy Minds Program

Trusted worldwide, our free app guides you step-by-step to improving your wellbeing with no ad interruptions.



Recognized by



First Stop Health

You will love this Michigan Tech health benefit.

You now have the benefit of personalized, ongoing care from a primary care doctor without leaving the comfort of home!

Use First Stop Health Virtual Primary Care for:



Urgent Care Issues

Talk to a doctor in minutes for sinus infection, UTI, cold, flu, rash, headache and more.



Prevention & Wellness

Check in on your current health and make a personalized plan to stay healthy and strong.



Mental Healthcare

Diagnosis and prescriptions for depression, anxiety and more. You have virtual counseling, too.



Health Management

Support managing asthma, diabetes, hypertension, obesity, high cholesterol, smoking, COPD and more.



Referrals, Tests and More

Just like at an in-person visit, our doctors can:

- Order labs, tests and screenings
- Provide sick notes and documentation
- Refer you to in-network specialists

Care you will love. | (888) 691-7867 | firststophealth.com



Virtual Primary Care



Care on your time.

- On-demand visits for urgent care issues
- Scheduled visits (that start on time!) for primary care



No cost for your family.

- We can treat urgent care issues in those <18. Adults can use FSH for both primary and urgent care.

Get care now.



Download the app



Log in at
firststophealth.com



Call 888-691-7867

First Stop Health

Care you will love. | (888) 691-7867 | firststophealth.com



Accessing your virtual care benefit!

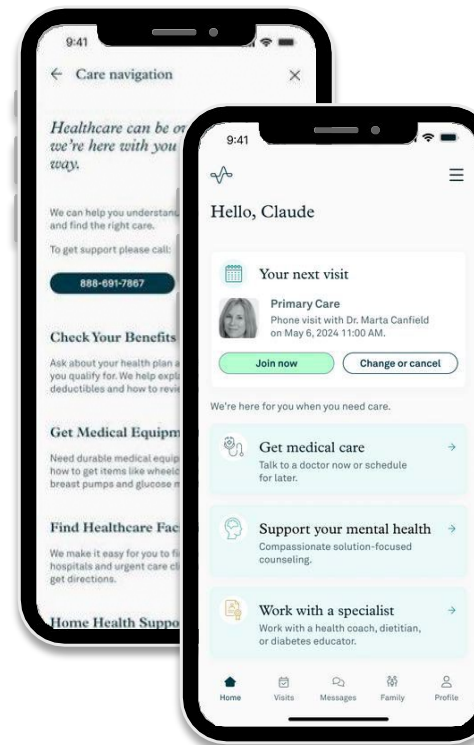
Here's how to get care in just a
few taps, wherever you are.

Did you know that talking to First Stop Health can be even
EASIER with the mobile app?

- Request a visit in a few clicks
- View your past visits and notes
- Update your profile and add family members
- Get answers to FAQs
- A visit costs \$0.00

Download the app

Getting care is even easier with our mobile app. You can request or schedule a visit, view past visit notes, update your profile and more!



GUIDED WALKTHROUGH

Schedule a virtual therapy visit



STEP 1

Log in to your First Stop Health account on our mobile app or by visiting firststophealth.com.

STEP 2

Select 'Support your mental health' to start scheduling your visit.



STEP 3

Complete our questionnaire.

STEP 4

Finally, select a date and time that works best for you with a provider you'd like to see.



Health Coaching Options in First Stop Health

How can we help you?

Choose the option that best fits your health needs.



Lifestyle coaching

Stress, heart health, diet, & more.



Weight management

Reach & maintain your ideal weight.



Nutrition therapy

Learn ways to eat well & enjoy it.



Quit tobacco

Quitting is easier with a little help.



Diabetes management

Help to track sugar, meals, and more.



Not sure where to start?

Let us help you get going.

Health Coaching Options in First Stop Health... Continued

Schedule a visit

Choose a date to see available times.

Health Coach visits are 20 minutes.

April 2026

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☐ Show only my specialists



Joi Savery

Specialties: Heart Health, Women's Health, Running, Manage Stress, Preventive Care...

8:30 AM

9:00 AM

9:30 AM

10:00 AM

10:30 AM

11:00 AM

11:30 AM

12:00 PM

1:00 PM

1:30 PM

2:00 PM

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3:00 PM



Diana Loughner

Specialties: Manage Weight, Manage Stress, Preventive Care

9:00 AM

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