

Online Wellness Library

Need tips to keep your stress levels in check?
Looking to reassess your investment style?
Surfing for the latest word on parenting?



Your Employee Assistance Program (EAP) can help.

Our online resource library and information service is designed to help you balance work-life challenges and stay current on the latest health and wellness trends. You can connect to practical solutions on today's most pressing issues including:

- Parenting • Elder care • Relationships • Addictions and recovery • Financial and legal issues • Work-life balance and stress • Many other health and lifestyle issues

HOW CAN THE ONLINE WELLNESS LIBRARY HELP?

With a click of your mouse, you'll find in-depth resources and helpful links that give you the knowledge you're looking for. Click to find:

- Original articles, fact and tip sheets
- Topic-specific Web links
- Health Screening Assessment Tools
- Financial calculators
- Book recommendations

Spend less time surfing and more time exploring quality information and tools that get to the heart of the issue and empower you to take action on your goals.

Connect to the resources and information you need, 24 hours a day, seven days a week.

Visit: www.shepellfgi.com/go/members

Logon using your company specific username and password

