



# Employee Assistance Program

provided by Carebridge



Employee productivity plays a key role in the success of any business, but often employees are overwhelmed by personal or emotional issues that interfere with their ability to perform at their best. MercyOne is proud to offer an Employee Assistance Program through Carebridge to help employees with high stress, psychological problems, substance abuse, legal troubles, as well as family and other personal issues.

## DID YOU KNOW

- More than 90% of employees agree their mental health and personal problems spill over into professional lives and have a direct impact on job performance. (Mental Health America)
- Depression accounts for up to 400 million lost workdays annually. (Centers for Disease Control and Prevention)
- 1 in 12 adults reports having depression. About 50% of adults with depression reported some degree of difficulty with work, home, or social activities because of their depression symptoms, and 30% reported moderate or extreme difficulty. (American Academy of Family Physicians)

## REDUCED MEDICAL COSTS, INCREASED PRODUCTIVITY

### Research shows:

- More than half of individuals reported an issue that made it difficult to concentrate on work. This was cut in half after EAP counseling.
- EAP improvements in absenteeism and presenteeism returned three full workdays each month in lost productivity.
- ROI for employers in the U.S. ranged from 3:1 for small size employers, 5:1 for medium size employers and to 9:1 for large size employers. Cost savings range from about \$2,000, to \$2,500 to \$3,500 per employee using EAP.

- Stress management
- Anxiety and depression
- Substance abuse
- Parenting and family problems
- Relationship abuse
- Grief and loss
- Work stress
- Financial pressures
- Childcare
- Aging parents
- Ill family members
- Legal matters
- Education planning
- Special needs
- Chronic health concerns
- Work-life balance
- Pet services
- Relocation
- And more

Contact MercyOne to improve the overall health and wellbeing of your workforce!

[MercyOne.org/business-solutions](https://www.MercyOne.org/business-solutions)