

# 5 Things to Know in 5 Minutes

## About the Sentara Health Plans Employee Assistance Program



### 1 **Helpful resource**

Sentara EAP is here to help whether you have personal or work related challenges. Skilled and compassionate counselors will be happy to assist with topics such as stress, relationship concerns or grief.

### 2 **Extends to you and household members**

Services extend to all Sentara Health Plans enrollees and their household members. Additional paperwork or enrollment are not required.

### 3 **Free and convenient**

Requires no co-payments or deductibles to use face-to-face or virtual EAP services. An intake coordinator can schedule a time and office at a location that is most convenient for you.

### 4 **Confidential**

Information shared with Sentara EAP is protected under state and federal privacy laws. You can contact Sentara EAP directly for our services.

### 5 **Easy to contact us**

We can be reached 24/7 toll-free at **1-800-899-8174**. Additional online resources are available by logging onto **sentaraEAP.com** (enter username: COVA).

## Sentara Employee Assistance Program



**1-800-899-8174**  
**757-363-6777**  
**sentaraEAP.com**

