



# Employee Assistance Program

## OVERVIEW



**WELCOME TO KGA**, your Employee Assistance Program provider. This program provides practical support for everyday challenges. Our goal is to help you maintain focus at home and at work. It is a benefit provided by your employer available 24/7 to you and your adult household members. Through KGA you have free and confidential access to:

- **COUNSELING** Support for addiction, anxiety, depression and everyday stress in the moment when you need it
- **CRISIS SUPPORT** Expert help for dealing with grief and the trauma that comes with upsetting events
- **CAREER SUPPORT** Consultations on career moves, job search strategies, interviewing skills, and resume development
- **ELDERCARE RESOURCES** Consultations and referrals for all types of eldercare needs and caregiving support
- **FINANCIAL CONSULTATION** Help with debt management, budgeting and financial planning
- **LEGAL ASSISTANCE\*** Consultation with an attorney and referrals for legal issues
- **PARENTING RESOURCES** Referrals for all types of childcare needs and parenting support
- **CONVENIENCE SERVICES** Referrals for family/home needs from pets and contractors to continuing education and transportation
- **NUTRITION CONSULTATION** Consultations with a nutritionist on weight management, allergies and other dietary concerns

### Who would assist me?

KGA licensed counselors and work-life specialists are highly skilled professionals with deep experience. Beginning with your initial contact, the same KGA staff member will work with you to ensure continuity and quality.

### What happens to information about me?

All contact with KGA is kept confidential. No information, including your name, can be released to your employer or anyone else without your consent. The only exceptions are those required by law, such as when someone is determined to be a threat to themselves or others.

**Contact KGA at:**  
**800-648-9557**  
**My.KGALifeServices.com**  
**info@kgreer.com**



**For easy access, download our app, KGA Mobile.**

\* Disclaimer - No legal service, including advice and consultations, will be provided for: 1) employment-related matters, including employee or statutory benefits; 2) matters involving the employer, KGA Inc. and affiliates; 3) appeals and class actions; 4) frivolous or unethical matters; 5) matters for which an attorney-client relationship exists prior to the participant becoming eligible for benefits.

If a participant wishes to retain legal representation, KGA will refer participant to an attorney who may provide services at a 25 percent discount. This is not a guarantee of the least expensive attorney. Should the participant retain an attorney through a KGA referral, he/she is doing so outside the EAP services provided through the employer and participant is responsible for all fees and costs associated with legal services.