

Your EAP and work-life solutions offer a variety of resources designed to improve wellness, enhance organizational performance and improve financial outcomes. Kepro services are designed to help employees and family members resolve a wide range of issues to restore both personal and professional effectiveness. EAP services are free, confidential and available to you and your household family members.



EAP Services & Resources



AVAILABLE 24 HOURS, 7 DAYS A WEEK

Toll-Free Phone: 1.833.539.7285

EAP website: <https://sowi.mylifeexpert.com>

Code: SOWI

Note: Users will need to create an account to access online EAP resources.



COUNSELING & SUPPORT

Whether you are dealing with stress, worry, relationship issues, substance abuse issues or work issues, call for immediate support. Kepro can also provide referrals for in-person, phone or video counseling sessions with a highly qualified counselor. You, and your household family members, are eligible for up to six free confidential counseling sessions per issue.



ARTICLES & RESOURCES

Kepro's website at sowi.mylifeexpert.com is your online resource, available when you need it. The website provides you and your family with tools and information to address life's pressing concerns. You will find webinars, topics of interest and videos on many life issues. Additionally, you can access calculators and resources for childcare, eldercare, health issues and financial information.



MANAGEMENT & ORGANIZATIONAL SERVICES

Kepro's Management Service Team (MST) provides unlimited telephonic consultations to leadership to help develop solutions to complex individual and team issues. MST offers guidance on how to address ways that reduce conflict, increase productivity, decrease attendance issues and address personal issues that may affect one's work performance. Additionally, on an organizational level, MST can support and provide guidance for a workplace trauma or other critical incidents. These services are available to you 24/7.



LEGAL SERVICES

Legal concerns can be stressful, costly and often result in lost work time. Reach out to Kepro for a referral for a free 30-minute consultation with a lawyer for any issue (excluding work related issues). After the 30-minutes, you will receive a 25% discount for additional time and services. General legal information and forms, including a simple will form, can be found at sowi.mylifeexpert.com



FINANCIAL SERVICES

Sometimes we don't know where to start when we are having financial issues or just have questions. Reach out to Kepro for a free 30-minute phone consultation with a financial expert. Additional information on budgeting, debt management and getting ready for retirement can be found at sowi.mylifeexpert.com



ELDERCARE SUPPORT & RESOURCES

If you are worried about an older family member or friend, our eldercare specialists are available 24/7 to provide support and resources, regardless of geographic location. Kepro can help provide guidance on Medicare, Medicaid, home health services, community resource and much more.



CHILDCARE SUPPORT & RESOURCES

Are you looking to adopt, have a baby, need assistance finding childcare options, or need childcare resources for a special needs child? Kepro can help. Reach out to Kepro and ask to talk to our childcare specialists. Available to you 24/7.



CONVENIENCE SERVICES

You have access to Work/Life Consultants who act as a personal concierge and can help you alleviate stress when you don't have time to do the legwork yourself. Whether you need help with home repairs, finding someone to walk your dog, event and travel planning, moving or relocation services, wellness and education planning such as scholarship and financial aid resources, Kepro is here to help.