

# How to Access Work-Life Services for NC EAP: Department of Health & Human Services

Your NC EAP, provided by McLaughlin Young, offers online and telephonic resources to help you and your family balance work and life.

## To access the work-life web site:

1. Visit **www.mygroup.com**
2. Click on Work-Life Login
3. Username: ncdhhs Password: guest

## To speak directly with a work-life representative:

Call your EAP at **704-717-5295** or **888-298-3907**

## To learn more about the EAP and work-life services:

1. Visit **www.mygroup.com**
2. Click on Employees then **Employee Orientation**



## Online Services

- Content areas: Parenting, Aging, Balancing, Thriving, Working, Living, and International
- More than 5,000 articles updated continually
- Annotated "Best of Web" resource links
- Spanish web site with 600 content items
- Searchable provider databases: child care, elder care, summer camps, adoption agencies, education, pets, volunteer opportunities, attorneys, and medical providers
- Learning center, relocation center, and savings center (up to 25% off name-brands)
- Health tools, online physician directory, and content from U.S. National Library of Medicine
- 97 online training programs

## Legal Services

- Free telephonic legal advice
- Free half-hour appointment for legal consultation
- In most cases, 25% discount for ongoing legal services
- Legal forms are available to download
- Online legal encyclopedia

## Financial Services

- Free telephonic financial advice
- Debt management planning
- Bankruptcy prevention
- Discounted credit reports with Certified Credit Report Review Specialists available to answer questions and clarify the content
- Housing education for homebuyers
- General financial education materials in English and Spanish
- Access to Certified Financial Planner (CFP)
- Comprehensive financial fitness