



Open Enrollment Reminders





Annual Enrollment Timeline

Annual Enrollment Begins

October 1, 2023

Annual Enrollment Ends

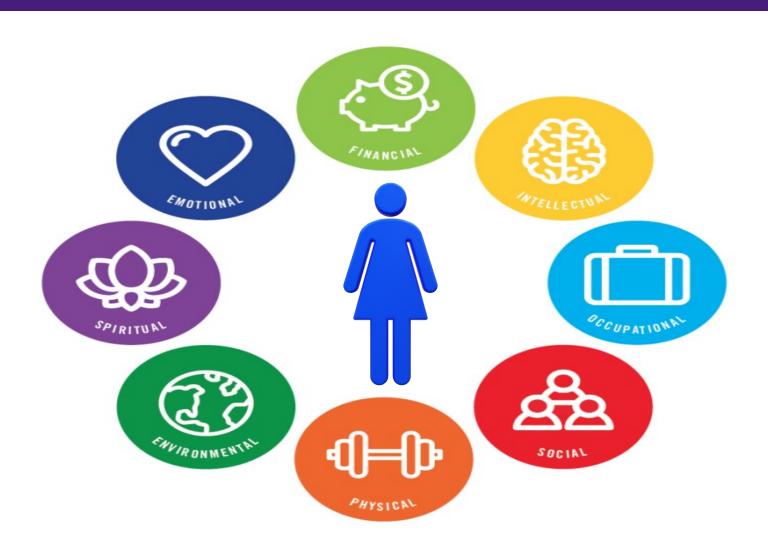
November 15, 2023 – 4pm

Effective Date of Changes

January 1, 2024



Well-Being







Employee Assistance Program (EAP)

What is an Employee Assistance Program?





Employee Assistance Program (EAP)



Why offer an EAP program to LSU Employees?



Reason's to utilize EAP services

- **Emotional** stress, grief, depression, anger management, feeling suicidal
- Relationship marital/significant other, family, parent/child
- Self improvement –self esteem/ personal development, goal setting
- Personal health/wellness, grief and loss, work/life balance, trauma/post-traumatic stress
- Addiction alcohol, drug, gambling, nicotine
- Workplace career, job issues, conflict
- Legal/financial budgeting, tax questions, ID theft

LSU EAP Benefits

National network of counselors

- Meet face-to-face or via tele video
- Access in-the-moment phone support and urgent counseling over the phone any time you need it
- Receive up to 6 free counseling sessions per issue per person per year



Legal Services

Free 30 minutes consultation per issue per year

Covered issues include:

- Domestic/family
- Civil and criminal
- Landlord/tenant and real estate
- Estate planning and probate
- Immigration and social security
- Motor vehicle

Free initial consultation with an attorney by phone or in person. Additional consultation is provided at a reduced rate.

Financial Services

Free 30 minutes phone consultation with a financial specialist <u>for each issue</u>.

Some examples of covered issues include:

- Budgeting
- Debt
- College Funding
- Buying vs. Leasing
- Tax Questions
- IRS matters

Free initial consultation. Additional consultation is provided at a reduced rate.

Daily Life Assistance

Referral Services to help you juggle your everyday needs and free you up to focus on what is most meaningful to you.

Resource and referral service by phone for a variety of needs including:

- Child or elder care
- Education assistance
- Pet Care
- Household services and more

Who is Eligible for EAP?

All LSU benefit-eligible employees and anyone in their household

**Regardless of age, relation, or health insurance





How do I access services?

EAP can be accessed 24/7/365

Phone: 833-657-2286

Online:

www.resourcesforliving.com

Username: LSU

Password: EAP







EAP Training

Aetna Resources for Living Employee Assistance Program Training

November 29, 2023, at 2 PM Virtual Session Only

Register through LSU Training & Development Website







Benefit Advocate Center

BAC specialize in understanding the technical nature of benefits and how to work with LSU benefit vendor & partners, so you don't have to.

Benefit Advocate Center Call: 866-607-5325

Email Anytime: bac.lsu@ajg.com

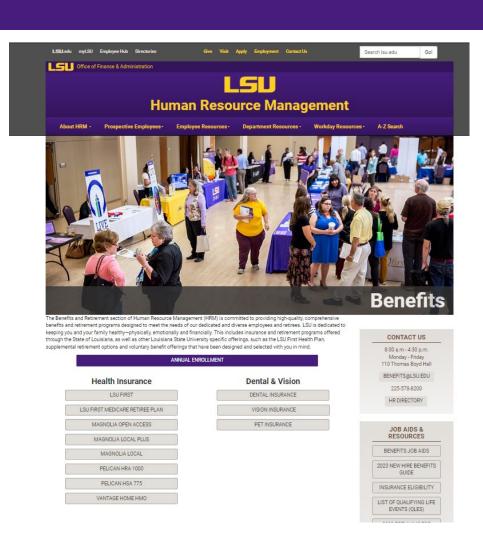
Hours of Operation:
Weekdays
7 a.m. to 6 p.m. Central time



Benefit Resources

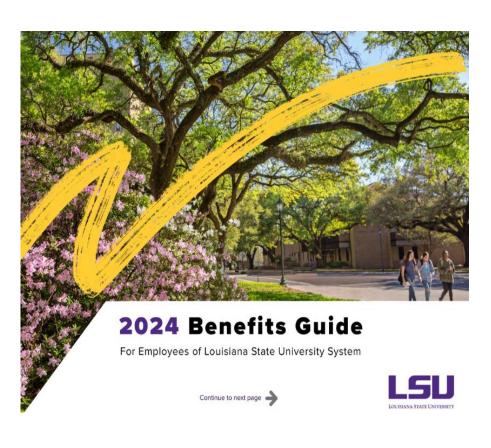
HRM Benefits Website:

- Videos
- Resources
- Summary Plan
 Documents
- Contact Information





Benefit Guide & New Hire Guide



LSU Branded Benefit Guides

- Open Enrollment
- 2024 New Hire Coming Soon!

Great tool for recruitment of prospective employees