



**Lucet**<sup>™</sup>

Employee  
Assistance Program

*Kingman Healthcare Center  
January thru December 2025*

code: kingmanhc





Employee  
Assistance Program



# Overwhelmed by life's endless to-do lists? We can help *you manage*.

**Lucet Work/Life services** are available to help you address daily living concerns so you can focus at work and be more present at home. Our specialists are highly-qualified to assist you with locating providers, resources and referrals for a range of life issues and needs.

## Family & Caregiving

- Child and adult day care
- After-school programs
- Special needs care
- Education and tutors
- In-home care
- Senior housing
- Adoption services

## Education

- Tutors and test-prep
- Public, private, and specialty schools
- Continuing education
- Financial aid and scholarships
- College consultation

## Daily Living

- Household maintenance
- Pet insurance or trainers
- Moving and relocation
- Transportation
- Meals and groceries

## Concierge

- Travel Planning
- Car rental
- Dining and entertainment
- Budgeting resources
- Community legal

## Career & Work

- Resume writing and editing services
- Job placement resources
- Career counseling
- Community resources
- Interview tips

## Health & Wellness

- Health care providers
- Specialty care
- Gyms and fitness centers
- Nutritionists
- Health coaches
- Alternative medical providers



Try Work/Life Chat  
Answered by a Work/Life specialist 24/7 on [eap.lucethealth.com](https://eap.lucethealth.com)

## ◆ Your well-being is our priority.

Lucet EAP provides confidential support, counseling services and resources to help you overcome life challenges and live a happy, balanced life.

Call 800-624-5544 | Visit [eap.lucethealth.com](https://eap.lucethealth.com)

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[eap.lucethealth.com](https://eap.lucethealth.com)





## *Support is more convenient than ever.*

BetterHelp is the largest online therapy platform worldwide that makes mental health care more convenient, discreet and accessible to a licensed therapist. Professional therapy is available anytime, anywhere, through a computer, tablet or smartphone. You can connect with a licensed therapist through chat messages, phone or video calls.

### Access BetterHelp

1. Login at [eap.lucethealth.com](http://eap.lucethealth.com), select **Request Counseling** then select **Online**.
2. Complete registration and get matched with a therapist.
3. Download the BetterHelp app and start your EAP therapy sessions. These can include individual, couple and teen therapy.
4. Verify the number of sessions covered within your EAP benefit.
5. You will receive an email from BetterHelp outlining your options after you have exhausted the covered benefit sessions.

### Check sessions on your

### BetterHelp account

- Navigate to the upper right of your homepage and select the down arrow.
- Select **Account Settings**.
- Scroll to **Payment Settings** then view your number of remaining sessions.
- Check with your employer about questions regarding the number of available sessions.

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counseling/coaching sessions, per topic, per year.



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## Grow your strengths. *Improve your life.*

Through the Lucet Employee Assistance Program (EAP), you have access to coaching services in-person and over the phone. Coaching is designed to promote self-awareness, clarify visions, values, intentions and goals. It can also enhance your skills in areas such as communication, organization and parenting.

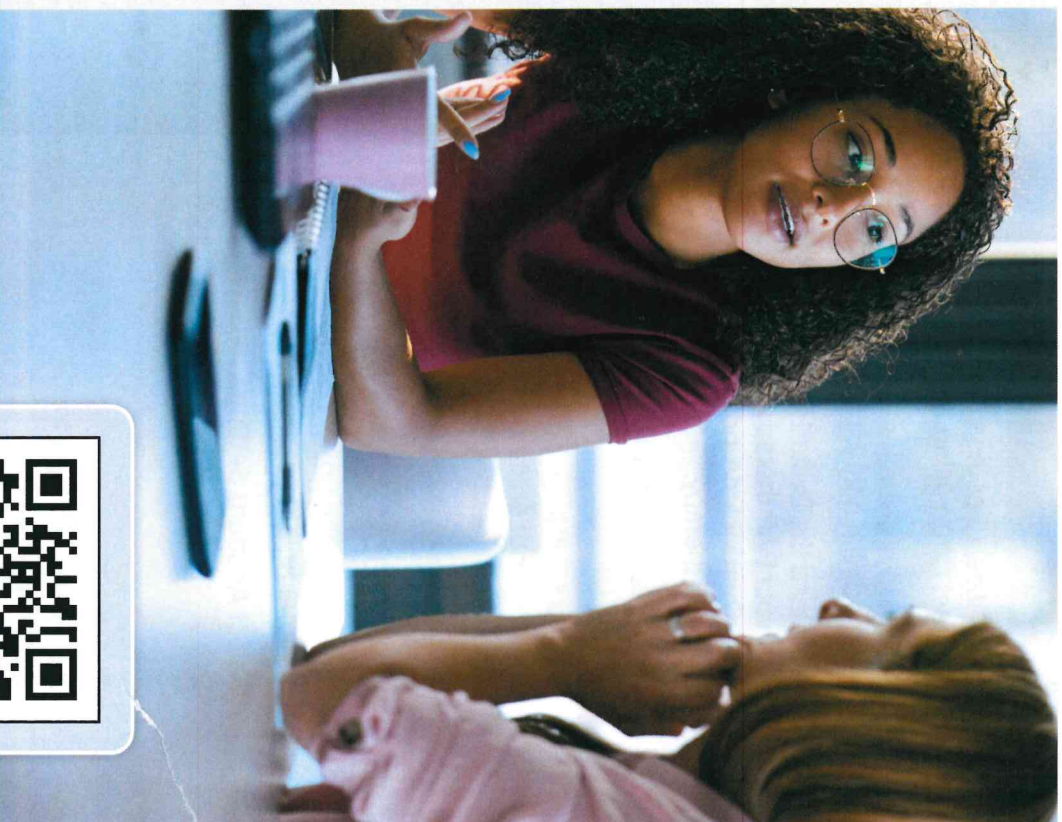
You may be thinking, when do I need coaching sessions and when should I opt for counseling sessions?

**Counseling** focuses on unresolved problems from the past and reducing the difficulties that result from those (depression, anxiety, trauma, etc.).



**Coaching** focuses on the future and works to build on strengths that you already have in order to set and achieve your goals. Some common themes in coaching include:

- Balancing work and family life
- Managing stress
- Setting and organizing priorities
- Communicating effectively
- Motivating employees
- Time management
- Dealing with organizational changes
- Personal challenges



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Employee  
Assistance Program



# Planning for your financial future? Trying to manage legal strain? *Your EAP can help.*

Whether you are looking to get organized for your financial future, manage stress related to debt or looking for where to start when approaching a divorce, we are here to jump start your journey. Your no-cost benefit through Lucet's Employee Assistance Program (EAP) can help, offering you and your household members financial and legal resources.

## Financial resources and consultation for:

- Improve credit scores
- Reduce debt
- Manage taxes
- Plan a budget
- Save for retirement
- Pay for college
- Cope with financial stress

## Legal resources and consultation to help with:

- Stolen identity
- Conflict with a landlord
- Child custody
- Name changes
- Estate settlements
- Will preparation
- General disputes
- Navigating criminal law
- Bankruptcy recovery

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*60% of Americans say their personal finances are a source of anxiety.*

Source: [fnra.org](http://fnra.org)

### EAP services include:

#### Free, 30-minute consultations

A certified financial expert or attorney will guide you through money/legal concerns, offering advice and helping you to find solutions.

#### Online tools

Download and access free tools such as budget templates, financial calculators, tax preparation documents, will builder, business agreements, power of attorney and hundreds of other legal documents.

#### Emotional support

Schedule a free counseling session with a licensed clinician to help you sort through your emotional and behavioral challenges.

#### Referrals

Call your Lucet EAP support line when you need a referral to see an attorney in person for things like estate planning, divorce, elder law, immigration, civil or criminal issues, completing a contract and more.



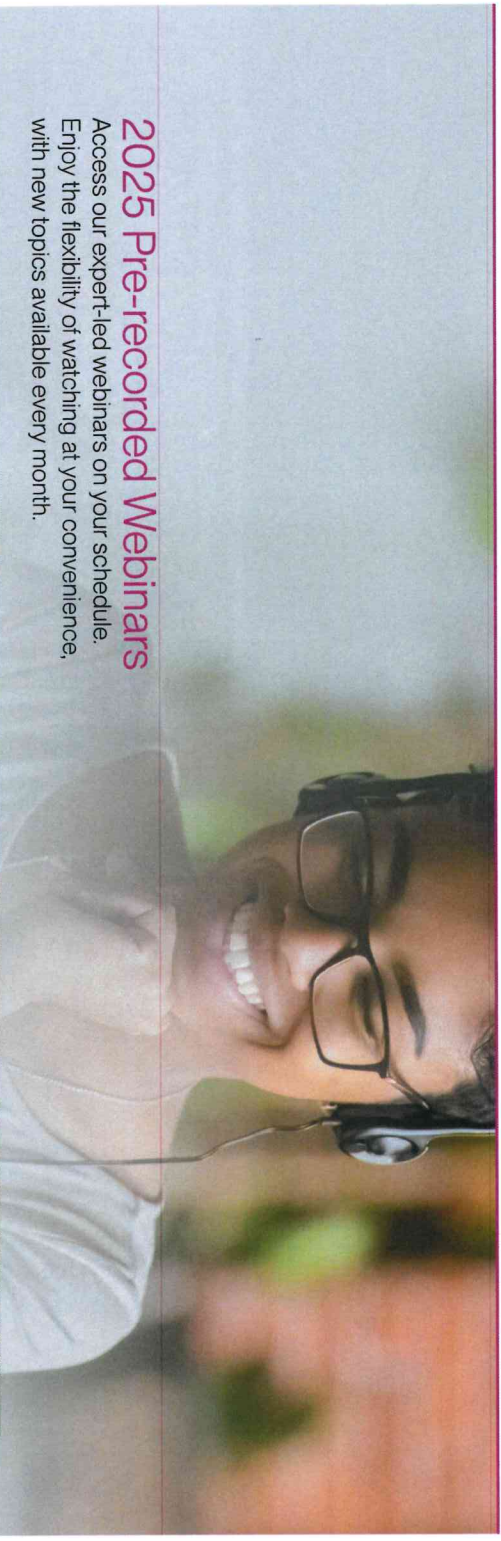
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## *Pre-recorded webinars included in your Employee Assistance Program (EAP)*

**Are you looking to grow personally and professionally?** We've got your back. Your Employee Assistance Program (EAP) offers quick, cost-free webinars designed to help you become your best self at work and home. Webinars are available on [eap.lucethealth.com](http://eap.lucethealth.com). Use your company login code and start growing today. New webinars are available the first day of each month.



### 2025 Pre-recorded Webinars

Access our expert-led webinars on your schedule. Enjoy the flexibility of watching at your convenience, with new topics available every month.

#### **January | Identity Theft: What Can You Do About It?**

Identity theft is the fastest growing crime in America. According to the Justice Bureau, around 23.9 million people were victims of identity theft in 2021. In this seminar, you will learn what identity theft is and how to prevent it. Learn the red flags and know what to do if it happens to you.

#### **February | Understanding Neurodiversity**

"Neurodiversity" is a word used to explain the unique ways people's brains work. In this session, we will learn what neurodiversity is and what it means to be a neurodivergent person. We will explore various neurotypes and gain an appreciation for the varied strengths and differences.

#### **March | Developing Critical Thinking Skills**

The ability to make good decisions quickly and to creatively solve problems is what sets some people apart. We all encounter a high volume of information every day. How do we know what is most important or reliable? Though most credit their ability to think critically with their experiences in school, can we cultivate this capacity in our daily personal or professional lives? The answer is yes!

#### **April | The Latest in Sleep Science**

New research explores what happens to the mind and body when we sleep, why it's so important to get the appropriate amount of rest based on your age, and how sleep impacts your overall health and well-being. This webinar will address the challenges of sleep disorders and disrupted sleep and how to establish a healthy sleep schedule. Be empowered to sleep better using the latest information on sleep science.

#### **May | Fostering an LGBTQIA Inclusive Workplace**

Even with recent successes in social justice and popular culture, some gay, lesbian, bisexual, transgender and gender non-conforming employees still face bias, homophobia and discrimination in the workplace. The resulting fear and stress not only affect work performance but overall morale in environments that are not accepting or inclusive in varying degrees. In this webinar, we will clarify sexual orientation and gender identity to better prepare all participants to collectively foster an inclusive working environment for all LGBT and gender non-conforming employees.



## June | Hold Your Head High: Communicating with Confidence in the Workplace

We all admire people who can communicate comfortably and effectively-even in challenging situations at work. This seminar will teach two models of effective communication and will help you practice your new strategies in tough scenarios-negotiating your salary, talking with your boss about career development, confronting disrespectful behavior in the workplace, and more.

## July | Social Media for Parents

How can parents make sure kids are using social media safely and appropriately? Not every parent is involved in social media. If your child is using social media, that is a good reason why you should be too. Learn how to keep an open line of communication regarding your child's activity online, establish privacy, proper boundaries, and monitoring healthy usage.

## August | What EQ Can do for You: Strategies for Enhancing Emotional Intelligence

Emotional Intelligence Quotient (EQ) is more important than IQ when it comes to predicting both personal and professional success. Defined as a combination of self-awareness and self-management skills, as well as our ability to sense and appropriately respond to the needs and emotions of others, EQ is at the heart of effective relationships. Join us for this dynamic session, where you will gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment.

## September | Finding Harmony: Being a Parent and a Professional

There is perhaps no more delicate of a balance than being a parent and a working professional. So many of us struggle with how to divide our time, energy and attention. This seminar will discuss the realities of the modern working landscape for parents and how to approach balance in a new, more successful way. We'll review strategies for time and household management. And we'll discuss how to find the most elusive thing of all: quality time just for yourself. Burnout impacts productivity, morale and financial bottom line due to the health-related costs of burnout.

## October | Your Elder Love One's Desire: Live Independently

As average life expectancy increases and family and workforce dynamics change, caring for elders can become a challenge. Your elderly loved ones' desire to live independently may not be safe and support their well-being. How do you know what to do? This seminar will provide information on how to assess the needs of elderly loved ones including their physical, mental, environmental and financial and legal condition, what in home services are available, when is it time for care outside of the home, how to talk your loved one about making a change when they say "no." If considering out of home placement, how to evaluate facilities and if in a facility, how to know if a loved one is getting proper care.

## November | Mindful Eating

Does eating in your car, wolfing down lunch at your desk, or snacking while watching TV sound familiar? Do you often finish eating something and not really remember the experience? If so, you're not alone-between the hectic schedules we keep and the different roles that food plays in our lives, eating mindfully has become challenging for most of us. During this interactive session, we'll come to understand the concept of mindful eating and how to apply it. We'll also explore the important role mindfulness plays both in managing weight and in enhancing physical and emotional wellbeing.

## December | Family Ties

In this day and age, when everyone is plugged in - what effect is that taking on the members of the family, especially the children? Connecting as a family on all levels is key to how children behave in social settings and later in life. Communication skills, dealing with life issues and how they conduct themselves is a learned behavior from parents and other family members. In this webinar we'll explore tools and strategies to foster strong family ties and the importance of this in shaping children's social behavior, communication, and overall development.

## How to sign up

1. Visit [eap.lucethealth.com](http://eap.lucethealth.com)
2. Enter your company code.
3. Scroll down to the Check Out Our Webinars box
4. Click View All Webinars
5. Click View Pre-recorded Webinars and choose a video

**Questions?** Connect with your EAP customer success manager, HR department or [eaptraining@lucethealth.com](mailto:eaptraining@lucethealth.com).

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# 2025 Content Calendar



Because life happens all year long. *Your EAP is there for it.*

JAN	<b>Meet Your EAP</b> Learn about the benefits and services included in your EAP and how they can help you through many aspects of life.	FEB	<b>Setting Healthy Boundaries</b> Setting healthy boundaries is essential to having strong relationships and an important aspect of self-care.	MAR	<b>Managing Your Taxes</b> Your EAP can provide tips for managing your taxes effectively and helping to eliminate stress that comes during this time.
APR	<b>Combatting Stress</b> Learn effective strategies for lowering your everyday stress.	MAY	<b>Mental Health Awareness</b> Discover how to recognize if you or someone you know needs help and learn about the resources available to you.	JUN	<b>Nutrition for Mind/Body Health</b> Eating a high-quality diet not only nourishes your body but also boosts your mental health.
JUL	<b>Improving the Mind/Body Connection</b> Discover practices to help improve the connection to support your overall well-being.	AUG	<b>Parental Well-being/Back-to-School</b> Learn how to prioritize your mental health during what can be a stressful period.	SEP	<b>Suicide Awareness</b> Learn the facts about suicide and help educate others on how we can help those who may be struggling.
OCT	<b>Substance Use Prevention</b> Learn about the effects of substance use disorder and how to help prevent the harm it can cause.	NOV	<b>Coping with Seasonal Changes</b> Learn about mental health strategies to help cope with these inevitable changes.	DEC	<b>Financial Wellness</b> Learn how to achieve financial wellness with helpful strategies that will help you stay organized and be prepared for the future.