

Local Resources

Description of Program or Service	Contact Information
<p>Cancer Information: Online resource for health and wellness, presented with help from the American Cancer Society. Learn how you can reduce your risk for cancer, boost your energy, and simply feel better everyday.</p>	<p>American Cancer Society www.fightcancer.org</p>
<p>EAP is a benefit program designed to assist your emotional and mental well-being. The program provides resources and solutions for all types of issues. All employees and family members living in the household are eligible for the benefits. Some benefits include:</p> <ul style="list-style-type: none"> • Unrestricted Telephonic Counseling (800-252-4555) <i>(for any issue/problem you may encounter)</i> • 6 Face-to-face counseling sessions per issue per year <i>(for any issue/problem you may encounter)</i> • Stress Assessment Services - Stress Assessment and customized plan to help you reduce your stress • ESI Wellness Center - includes Confidential Health Risk Assessment, videos, courses, articles and frequently asked questions related to Dieting, Nutrition, Stress, Smoking and overall physical health • Lifestyle Benefits - as an EAP member, you are eligible to receive discounts from the various health related vendors such as, Jenny Craig, SmokEnders and Workouts For You • Physical Health Videos (900 +) • Mental and Physical Health Assessments (HRA, diabetes, heart, depression, etc.) • Harvard Medical School reviewed articles (2000+) 	<p>EAP- Employee Assistance Program www.TheEAP.com</p>
<p>POMCO connects the workplace to all the time- and money-saving tools, resources, plans and programs provided by Excellus, which includes:</p> <ul style="list-style-type: none"> • Products and Services • Express Scripts • Employee Education Materials 	<p>POMCO www.pomcogroup.com</p>
<p>LCDOH offers health screenings, immunizations and presentations. A list of presentations are available on the website.</p>	<p>Livingston County Department of Health www.livingstoncounty.us/doh_home.php</p>
<p>“Eat Well, Live Well” is an eight-week, competitive challenge to encourage individuals to move more, increase the amount of fruits and vegetables consumed and learn how to “make their calories count”.</p>	<p>Wegman’s Eat Well, Live Well www.wegmans.com</p>