



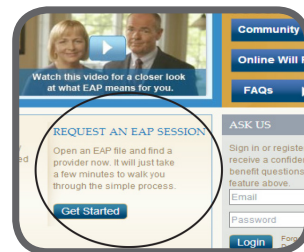
Now you can request an Employee Assistance Program session online.

The New Directions Employee Assistance Program website is here to help you with all of life's challenges, including the challenge of time. As a new benefit to our members, we now offer an online tool that will open an EAP session request and allow you to search for a provider. The tool is quick and easy to use. And, as always, any information provided is kept confidential.

The three simple steps to getting started:

1

Go to **ndbh.com** and enter your company login code.
Your company login code is _____
To begin your request form click "get started".



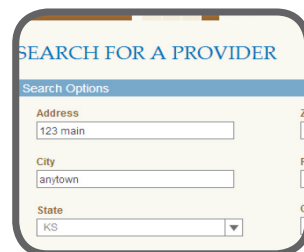
2

You will be asked to enter basic information to create a file for your EAP session request. The online tool will guide you through the simple process.



3

After you have entered the information required to open a session, you can search for a provider. A list of providers matching your selected criteria will be sent to you via email. Contact your chosen provider to set an appointment time at your convenience.



**If at any time you need additional information, call us.
We're here to help. 816-237-2352 or 800-624-5544**