



Employee Assistance Program Scavenger Hunt

Fill in the correct answer(s) and check True or False when applicable.

You must log in to the Impact Solutions website to retrieve the answers. Not sure how to log in? Visit <https://www.kent.edu/hr/benefits/employee-assistance-program-impact-solutions> to learn the URL and login username.

I	<p><u>Immediate Assistance</u> Click on the "Newsletters & Information" tab at the top left of the page. Browse the "Did You Know (DYK)" pdfs and list 2 types of complimentary support services (i.e. elder care, financial services) that a triage counselor can connect you with when you call the 24/7 live immediate assistance phone number (1-800-227-6007). _____</p>
M	<p><u>Member Login</u> What is the username for Kent State employees to log in and access the EAP? _____</p> <p><u>Mental Health</u> What is the name of the "Center" that is geared towards raising awareness about depression in the workplace? What kind of animal is the mascot for this Center? _____</p>
P	<p><u>Parenting</u> Scroll over or click on the "Parenting" tab on the top navigation. List 2 of the parenting categories that can be found under this tab. _____</p>
A	<p><u>Advantage Savvy Rx</u> Locate the Advantage Savvy Rx Center. Please provide a brief explanation of what this Center offers to employees. _____</p> <p>List 2 other "Centers" that are available on the website. _____</p>
C	<p><u>Counseling</u> How many complimentary face-to-face counseling sessions does the EAP offer? (Hint: this answer can be found in the "IMPACT at a Glance" summary under the "Newsletters & Information" tab). _____ These can only be used for one occurrence: <input type="checkbox"/> True <input type="checkbox"/> False</p> <p><u>Communication</u> Go to the "Mental Health" tab and click on "Communication". List 2 ways you can acquire knowledge on improving your communication skills. _____</p>
T	<p><u>Theft protection, legal, & financial</u> Enter the Legal/Financial Center. What is the name of the company that IMPACT partners with to offer employees a free, convenient way to create a will? What is the discount code they provide? _____</p> <p>List 2 additional "tools" that can be found in the Legal/Financial Center. _____</p>

	<p>Skill Builders About how many minutes does it take to complete one of the e-learning courses, called "Skill Builders" offered by IMPACT Solutions? _____ You will receive a printable certificate of completion: <input type="checkbox"/> True <input type="checkbox"/> False</p> <p>Online Seminars List the names of two Online Seminars that you can watch On Demand at any time. _____</p>
E	<p>Eligibility Other than the employee, who is eligible for the employee assistance program? (Hint: this answer can be found in the "IMPACT at a Glance" summary under the "Newsletters & Information" tab). _____</p> <p>Employee Confidentiality All services offered by IMPACT Solutions are confidential and governed by federal and state laws. Your information will not be shared with your employer without your consent: <input type="checkbox"/> True <input type="checkbox"/> False <i>(Hint: this answer can be found in the "IMPACT at a Glance" summary under the "Newsletters & Information" tab).</i></p>
A	<p>Aging Scroll over or click on the "Aging" tab on the top navigation. List 2 of the aging categories that can be found under this tab. _____</p>
P	<p>Pets IMPACT Solutions provides resources to help care for our furry family members, too! Under which tab across the top of the homepage can resources on "Pets" be found? _____</p>

Bonus: Resiliency

Enter the "Stress Less Center" and locate the "Resiliency Skills Training Series", which consists of 14 training modules designed to build up your resistance to stress. List the names of 3 modules in this series.

1. _____
2. _____
3. _____

Your Information *(please print clearly)*

Name: _____ KSU Email: _____@kent.edu

Office Phone: _____ Department: _____

Please complete this form, print and return no later than **February 28, 2017** to wellness@kent.edu or via fax to 330-672-5447. *This Scavenger Hunt is worth 15 wellness reward points.*