



INOVA®

Join the future of health.

Inova Employee Assistance



Creative solutions for the demands of life and work.

For confidential assistance call:
Toll Free: 800.346.0110
TTY/TTD: 877.845.6455

www.inova.org/eap

Username:

Password:

iConnectYou Code:

Short Term Counseling

- Relationships
- Alcohol
- Family
- Depression
- Anxiety

Elder Care Resources

- Adult daycare centers
- Assisted living centers
- Nursing homes
- Transportation services
- Nutrition services
- Respite care
- Home care services
- Geriatric health and mental health

Childcare Services

- Nursery and/or preschools
- Emergency and back-up care
- Before-after school care
- Care for mildly ill children
- Childcare centers
- In-home care agencies
- Family daycare and group homes
- Nanny/au pair agencies
- Summer camps

Adoption Services

- U.S. adoption agencies
- International adoption agencies
- Adoption support groups

Website Tools

- Saving Center
- Educational Seminars
- Skill builders
- Easily searchable database

Parental Services

- Birthing classes
- Support groups
- Exercise and nutrition
- Parent education

Educational Resources

- Identify appropriate schools
- Navigate the application process
- Resources for adults and children with special needs
- Apply for grants, scholarships and financial aid

Health and Wellness Resources

- Exercise program
- Holistic care
- Nutrition counselors
- Personal trainers
- Self-help programs

Pet Services

- Veterinarians
- Boarding facilities
- Pet sitters
- Groomers
- Obedience trainers

Daily Living

- Entertainment, recreation and sports tickets
- Event and party planners
- Grocery shopping
- Housekeeping
- Lawn maintenance
- Real estate and relocation professionals

Legal Assistance

- Free 30 minute consultation with an attorney
- 25% discount off attorney fees
- Web based legal documents
- Will preparation

Financial Assistance

- Financial consultation
- Financial calculators

Identity Theft

- Web based credit monitoring
- Telephonic consultation with an identity theft and recovery professional