



Introducing Your New Turbocharged Training Benefits!

We're excited to tell you that we've made a significant upgrade to your training benefits, and we can't wait until you check them out! We've added more than 8,000 free online personal & professional development trainings. You can take them alone or double them up with our Coaching Programs to get an added boost!

- Grow and advance in your career
- Develop leadership & managerial skills
- Improve interpersonal communication
- Strengthen your current job skills and gain new skills
- Find solutions for on-the-job challenges
- 24/7/365 access at your own pace and style
- Constantly changing – 100+ new trainings added each month

Trainings are available to you and your family members in multiple user-friendly formats. Only have a few minutes during your lunch hour? Try microlearning in short bursts with **Video Lessons** of 10 minutes or less. Want a deeper dive on a key topic at night or on the weekend? Check out **eLearning** of 30+ minutes or full **Video Courses** in series of 10-15 minute segments. Want to get hands-on in learning something entirely new? Try short, fun **Interactive Videos** with surveys, polls, quizzes, choose-your-own-path features, and more.

Courses encompass the following areas:

- 1,000+ HR Compliance, including HRCI and SHRM credit
- 400+ Sales/Customer Service Courses
- 2,900+ Business Skills Courses
- 900+ Leadership/Management Courses
- 300+ Information Technology
- 2,700+ Software
- 700+ Safety
- 500+ In Spanish

Why not check them out today? Simply login to www.theEAP.com/TotalCare-EAP and click on the Employee & Family button. Sign in with your username and password, or **REGISTER** if this is your first time logging in. When complete, simply click on the **'Training Center'** tile.

Get Fit Safely in the Great Outdoors

While it's still important to maintain social distancing over the summer, the good news is that you're no longer confined to home. You have parks, beaches, and the great outdoors available as your fitness arena. The bad news is that the coronavirus has not gone away, so visiting your favorite outdoor spots may come with some limitations. **Here are a few good practices to stay safe:** "Know before you go" – check if parks and beaches are open and if there are any restrictions • Keep cloth face coverings, hand sanitizer and disinfecting wipes handy in your car or backpack • Some great safe activities include biking, hiking, gardening, trail walking, outdoor aerobics, dog walking, and golf • Avoid crowded places – keep to the 6-foot rule for anyone but household members • Don't share food, utensils or beverages • Think small "bring your own beverages and snacks" for get-togethers • Be aware of and try to limit touching shared surfaces – bathrooms, cross walk buttons, gas pumps, etc. • Sanitize or wash your hands for 20 to 30 seconds frequently!

Your online Wellness Center offers resources for exercising and fitness, eating healthy, balancing nutrition, learning how to manage stress, and quitting unhealthy habits. You can also call 800.252.4555 and request one-on-one telephonic Wellness Coaching from our certified coaches!

Financial Resources

If you're looking for a way to cut costs and tighten your belt, see :

[The Coronavirus Crisis: Tools for Tough Times.](#)

Don't forget to login to www.theEAP.com/TotalCare-EAP to check out the Personal Financial & Education Center with hundreds of self-help calculators, articles and courses. And if financial pressures are getting to be too much, tap into Certified Financial Coaching for one-to-one help with budgeting, credit, debt, money management, and stress related to financial problems.

