

Summary of Service

A Benefit for You and Your Family Members Provided by Washington County



The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small. For example, you can receive assistance with concerns such as:

- Marital conflict
- Interpersonal
- Conflict at work
- Depression or Anxiety
- Stress management
- Family relationships
- Financial/legal/consumer concerns
- Referrals to community resources
- Alcohol or drug abuse
- Grieving a loss
- Personal decision making
- Career development services

Intake / Assessment

Up to six (6) sessions per incident, per client, per year for problem identification, assessment, the establishment of outcome goals, recommendations, priorities and actions needed to reach goals.

E-Support

A live, online virtual session with an EAP Consultant designed to answer questions, assist with problem resolution, and provide advice customized to your situation. For additional information, or to set up a session, please visit www.cascadecenter.com/esupport.

Crisis Counseling

Available on a 24 hour 7 days a week basis.

Work / Family / Life

Cascade will help locate resources and information nationwide related to Eldercare, Childcare, Identity Theft, and Concierge Services.

Legal Consultations

Each covered member is entitled to one (1) initial thirty-minute office or telephone consultation for up to three separate legal matters at no cost with a network attorney. If the member decides to retain the participating attorney after the initial consultation, the member will be provided with a preferred rate reduction of 25% from the normal hourly rate.

Financial Coaching

Coaches will provide a needs analysis and an online written action plan to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

Home Ownership Program

If you are looking to buy, sell, refinance, or invest in a home, take advantage of the Home Ownership Program. This program offers a network of prescreened service providers that offer free, no obligation consultations. Also available are pre-negotiated discounts with all of these providers. Using this program, you can save substantial time and money. For your free consultation or more information about the Home Ownership Program, call 1-866-505-3244.

Cascade Personal Wellness

Unlimited access to wellness coaches for assistance in making life style changes for areas such as: weight management, fitness, smoking cessation, and chronic conditions.

To Access: 1) Go to www.mywellcall.com 2) Select "Register" 3) Enter your company password: **Washington County**

"Cascade Personal Advantage"

Interactive Website Innovative, online, educational tools: Kick a habit, take self assessments, compare child and elder care services, watch informative video clips, and more.

To Access:

1) Go to www.cascadecenter.com. 2) Click Cascade Personal Advantage. 3) Register as a new user 4) Use company password.



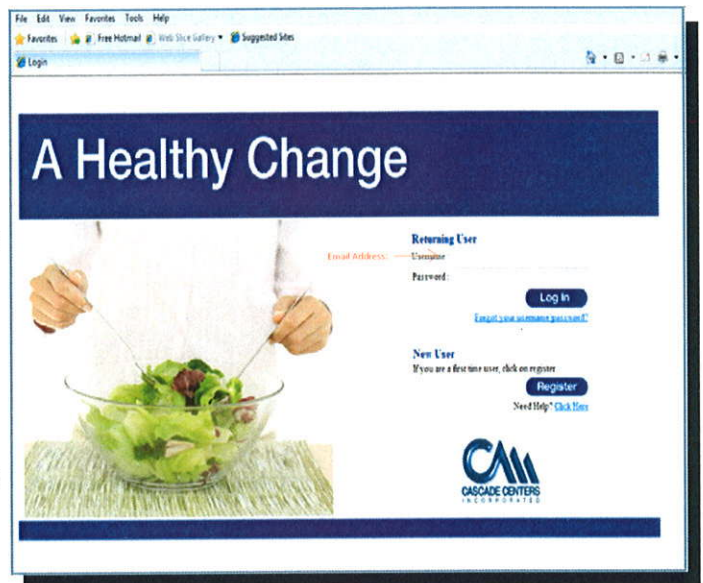
For Assistance Call
1-800-433-2320
www.cascadecenter.com

Cascade Personal Wellness Redesigned Members' Site

We are excited to announce that we will soon introduce a site update to www.my-cpw.com that will include a streamlined log in experience and improved security. The new log in process will go **live on August 15th, 2011.**

Key changes to our new log in process:

- **Username no longer required.** Instead, members will log in using an email address and password. A username will no longer be created during the log in process.
- **Email verification.** To complete the registration process, members will follow a link sent in a confirmation email and log in again to verify their account.
- **Online passwords reset.** Members who forget their password or need to change their password can complete an online form. They will receive an email with a link to reset their password. Members will be required to answer two security questions prior to resetting the password. These security questions will be set up during the initial log in.



Members who already have an account will be prompted to transition to the new log in system the next time they log in.



How to Access Cascade Personal Wellness:

- Call Cascade at: 1-800-433-2320
- Visit: www.my-cpw.com

A Healthy Change.

For Washington County employees and their family members



A new program that can help you improve your health and well-being is now available as part of your benefit plan. Call 800-433-2320 or register online for unlimited confidential health coaching on topics of your choice:

Lose Weight



Whether this is your first or fiftieth attempt to lose it and keep it off, WellCall coaches will help you develop a personalized plan to manage your weight. Your coach will help you determine a healthy weight, develop a fitness and nutrition program, and provide you with the motivation you need to succeed!

Stop Smoking



If you've tried to stop but have been unsuccessful, health coaches are Certified Smoking Cessation professionals that offer complete smoking cessation support and assistance to help you kick the habit for good. Your coach can help you understand physical addiction, deal with withdrawal symptoms, overcome obstacles and stay smoke free for life.

Get Fit



No matter what your fitness level is, health coaches will create a realistic and personalized fitness program. Your coach will help you discover the most effective type of exercise for you, determine how long and how often you should exercise, and find local resources for success.

Prenatal and Postnatal Care



Health coaches are trained to help you with prenatal planning and postpartum assistance, offering help in areas such as managing common discomforts of pregnancy, birthing methods, determining appropriate testing options, lactation support and postnatal follow up, and nutrition, diet and exercise support.

Health Self-Management



Health coaches provide support for a variety of medical conditions and offer referrals to professionals and programs to help you manage arthritis, asthma, back and neck pain, heart health, diabetes, and menopause.

Complementary Care



Health coaches offer information and referrals to carefully screened providers such as acupuncturists, chiropractors, massage therapists, dietitians and nutritionists, yoga and pilates instructors, and personal trainers.

How to Get Started

Call Cascade Centers
1-800-433-2320

or

Become a member of
WellCall.com:

1. Go to www.wellcall.com

2. Go to "Log - In" and either "Click Here to Register", if this is your first visit, or

3. Enter your username and password if you are returning

4. Enter your company password "Washington County" if you are registering for the first time, and select a username and password

5. Read the Privacy Statement and press "continue"

Register for an online program:

1. Under Wellness Services (left side bar), click WellWalk, WellWeight, or WellQuit

2. Read the privacy statement and press continue

For one-on-one personal health coaching call 800-433-2320 or e-mail counsel@wellcall.com



Lose Weight & Feel Great



Are you tired of cringing every time you look in the mirror? Do you keep promising yourself that you'll start your diet tomorrow? Whether this is your first or fiftieth attempt to lose it and keep it off, Cascade Centers coaches will help you develop a personalized plan to manage your weight by:

- Determining a healthy weight
- Planning a balanced diet
- Developing a fitness and exercise program
- Staying motivated

It's like having your own personal trainer guiding you every step of the way!

The best part of the program is that your employer pays the bill. So, what are you waiting for?

Call 800-433-2320 to get more information about WellWeight and be on your way to a healthier lifestyle.



How to Get Started

Call Cascade Centers
1-800-433-2320

or

Become a member of WellCall.com:

1. Go to www.wellcall.com
2. Go to "Log-In" at the bottom left corner of the homepage.
3. Select "Click here to Register". You will be re-directed to the "registration options" page.
4. Click on Group Membership.
5. Enter your company password
6. Select your own personal username and password.
7. Read the Privacy Statement and press "continue."

Register for an online program:

1. Under Wellness Services (left side bar), click WellWalk, WellWeight, or WellQuit
2. Read the privacy statement and press continue
3. Fill out New Member Registration



For one-on-one personal health coaching call 800-433-2320
or e-mail counsel@wellcall.com



CookWell

Online 7-Day Cooking Tutorial



These days, dining out and losing weight don't go hand in hand with the out of control portions and unhealthy ingredients found in many restaurant meals. CookWell is a 7-day tutorial designed to help individuals begin cooking and preparing healthy meals and snacks at home. Whether you're on a budget, never cooked in your life, or limited on time, CookWell will help you to eliminate barriers and provide day-by-day steps to get started eating healthy at home.



CookWell - Online Tutorials:

Day 1: Introduction: How to eliminate barriers to cooking
Day 2: In the kitchen: Essential equipment and pantry items
Day 3: Planning ahead: Recipe resources and meal planning
Day 4: At the grocery store: Understanding food labels
Day 5: Healthy cooking methods: 7 ways to prepare your meals
Day 6: Food for thought: The benefits of cooking
Day 7: Time to start cooking: How to get started on your meal plan



Additional Features:

- 7 - day meal plan including recipes for breakfast, lunch, dinner, and snacks
- Checklist of key cooking items to have in your kitchen
- Links to healthy recipe websites and food blogs
- Grocery List



Instructions To Register:

1. Go to www.wellcall.com
2. Go to "Log - In" and select "Click Here to Register" if this is your first visit, or enter your username and password if you are returning
3. Enter your company password, if you are registering for the first time, and select a username and password
4. Read the Privacy Statement and press "continue"
5. Under Wellness Services (left side bar), click "CookWell Resource"
6. Read the privacy statement and press continue
7. Fill out New Member Registration