

FIND A COACH THROUGH EMPLOYEE ASSISTANCE PROGRAM (EAP)

OVERVIEW: The Employee Assistance Program (EAP) provides lifestyle coaching services specifically designed to help Air Force civilians improve their overall well-being by addressing various aspects of their daily lives. These services offer a valuable resource for individuals seeking guidance in areas such as nutrition, exercise, stress management, and work-life balance. By engaging with skilled lifestyle coaches, Air Force civilians can obtain personalized support and practical strategies to navigate life's challenges and enhance their quality of life. Participants can leverage EAP lifestyle coaching services to gain insights, build healthy habits, and develop actionable plans for personal growth and well-being.

ELIGIBLE RANKS: Civilians Only (all ranks)

COACHING TYPE: One-on-One

FUNDING AUTHORITY: N/A Free

LICENSING: N/A Free

ADDITIONAL FEATURES:

- ❖ 6 Coaching Sessions over 1 year
- ❖ Personalized Support
- ❖ Holistic Approach
- ❖ Flexible accessibility

HOW TO APPLY:

1. Call 866-580-9078
2. Select "I'm a member" Option 2
3. Request a lifestyle coach
4. Visit <https://www.magellanascend.com> for more information

KEY DATES:

No specific dates. Members may contact EAP anytime.

