

# Your Employee Assistance Program



mypaseap.com

Through PAS you have access to:

- Career coaches
- Tobacco cessation coaches
- Master's level licensed counselors
- Life coaches
- Eldercare planning
- Childcare consultation
- Downloadable resources, and legal forms
- And much more

Visit our website: [mypaseap.com](https://mypaseap.com)  
or scan above  
and use code:

## Mission

to create your account and explore our  
free resources and learn more

Personal Assistance Services (PAS) provides you with professional services that can help you address challenges and enhance daily life.

This is a pre-paid benefit funded completely by your employer and free to you and your family members. PAS does not disclose information about your participation to anyone unless you give consent to do so (except as required by law).

Call us with questions 24/7 800-356-0845

