**Public Safety EAP**
*A division of ESI*

# Lifestyle Benefits:
## *One of your most important EAP Benefits*

We offer a variety of benefits to help you improve your life. You can start getting fit and losing weight by taking advantage of the discounts at LA Fitness and Jenny Craig Weight Loss Centers. We also offer a significant discount on SmokEnders which provides an extra incentive to quit. And to better assure your future, you can have a custom retirement savings plan created.

***To access these benefits,*** you can call the EAP at 1-888-EAP-1060 or log on to the website, **www.PublicSafetyEAP.com**. Click on the heading for **Lifestyle Benefits** to learn about the range of services available.

### TO ACCESS THE WEBSITE AND RESOURCES FOR EMPLOYEES

1. Log on to **www.PublicSafetyEAP.com**

2. Click on the **Employee & Family Login** button

3. If you have already created a User Name and Password, simply enter that info in the appropriate boxes. **If you have not registered, complete steps 4-7.**

4. Click on **REGISTER HERE**

5. Enter your **Employer's name** and click Continue.

6. Your employer's name will appear; select the button and click Continue.

7. Fill out the Registration Form and create your own User Name and Password, then click Continue. **You only need to register once.**

### Benefits Available:

- **Apex Nutrition** - Receive a free nutrition assessment with feedback on eating and lifestyle habits. Individualized nutrition plans are available to purchase.

- **Healthtrax Fitness & Wellness Center** - Receive a free one week membership along with a discounted enrollment fee.

- **Jenny Craig** - Receive a free 30-day program **or** 30% off of the Jenny All Access Membership.

- **LA Fitness** - Save 74% on your initiation rate when you join.

- **SmokEnders** - Receive a discount on the Learn to Quit Kit. Free unlimited support through a toll-free hotline is also available.

- **Workouts for You** - Receive a discount on a yearly membership for their online fitness services.