

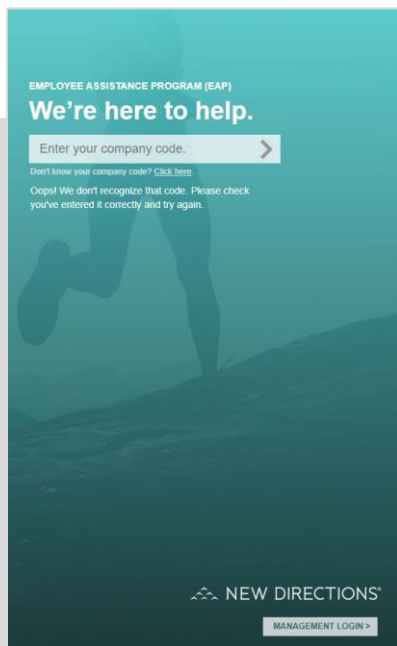
Life can be hard to navigate. A website shouldn't be.

Your new EAP site – eap.ndbh.com

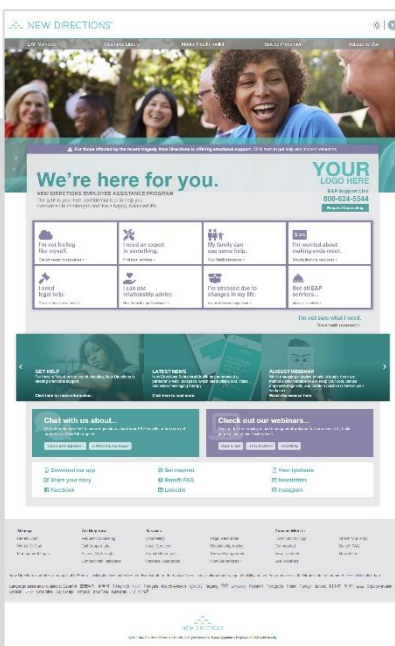
Step 1. Log in. Visit eap.ndbh.com and log in using your existing company code. If you've forgotten it, a link to recover it is available. (If you have an old URL bookmarked, it will now redirect to new EAP site.)

Step 2. Check out the homepage. The new home screen allows you to access all the same resources as before, plus new features. You can access documents, assessments, webinars, news and more!

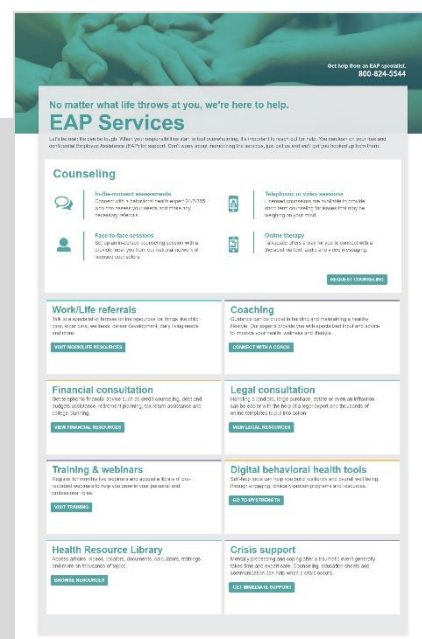
Step 3. See all EAP Services. On the homepage you will find an “EAP services” link. Here you can see an overview of all services that are available to you and your family.



-1-
Login Page



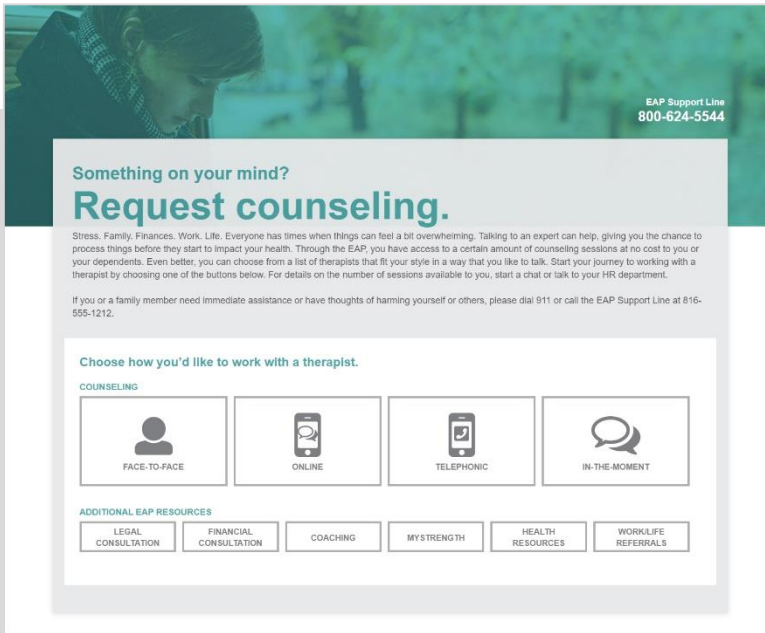
-2-
Home Page



-3-
All Services Page

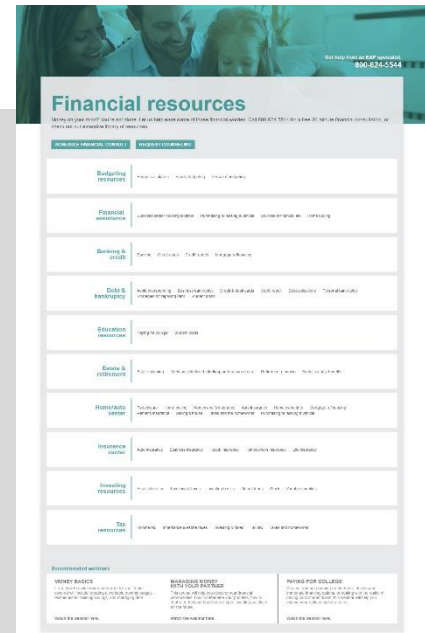
Step 4. Request a counseling session. Look for the “Request Counseling” button on a variety of pages. Select which method of counseling you’d like to receive. Additional EAP services are listed as well.

Step 5. Get financial resources. On the homepage, use the EAP Services dropdown or select “I’m worried about making ends meet” to find financial resources. You can schedule a financial consultation, view important documents, use budgeting calculators and more!



-4-

Request Counseling Page



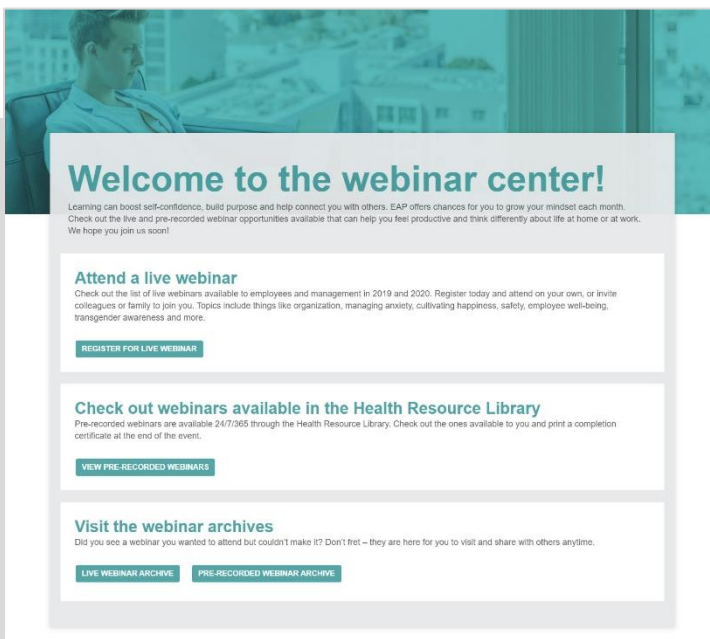
-5-

Financial Resources Page

Step 6. Listen to a webinar. On the homepage, below the teal carousel, you'll find the purple "Check out our webinars" box. On this page, you will be able to register for live webinars, view recorded webinars, and watch past webinars.

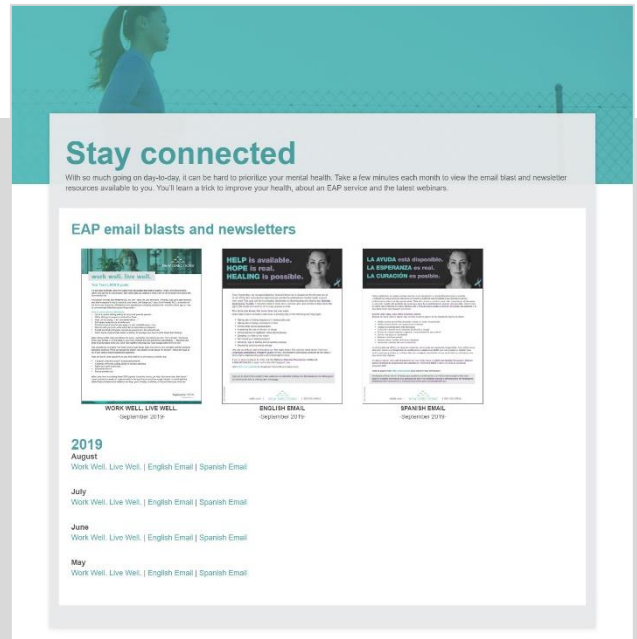
Step 7. Download your monthly communications. Near the bottom of the page in a quick links group is the "Newsletter" link. You'll be able to stay connected with our EAP email blasts and newsletters. If you missed the latest communications, don't worry – we'll have it archived here.

There are many more resources available! Hopefully this guide gave you a sense of how to navigate and use the new EAP site so you can find the proper tools to help in your journey. There's so much more! Connect with us today or contact your HR department with any questions.



-6-

Webinar Center Page



-7-

Newsletters Page