

WHAT IS THE EMPLOYEE ASSISTANCE PROGRAM AND HOW DO I USE IT?

We are often asked about the who, what, where, when and why of the employee assistance program. Well, here are some thoughts about the program and how it all works...

- **Who** can use the program? As an employee of your company the employee assistance program is available for you to use at any time. Also, any of your family members are eligible to use the program too!
- **What** is the employee assistance program? The employee assistance program is a program designed to provide assistance and/or answer questions you might have regarding services in our community. Michiana Employee Assistance Program (MEAP) is your employee assistance program. We have been a local presence in this community since 1974 and have trained counselors available to offer assessment, referral, short term counseling (when appropriate) and assistance in determining the kind of services you or a family member might need for a particular problem or concern.
- **Where** is MEAP located? Our office is conveniently located at 818 East Jefferson Boulevard, South Bend, IN 46617
- **When** are services available? MEAP has hours M-F from 8:30-Noon and 1:00-5:00. We are available by phone from noon-1:00 and after hours in an emergency.
- **Why** should I consider using MEAP? The program is designed to offer assistance to employees and family members at **no cost** to you. The program is generously offered by your employer who understands that problems in everyday living can sometimes make work and life difficult to manage. By contacting our office, our professional staff can offer ideas and suggestions to help you resolve your problem, issue or concern as quickly as possible. We all know that when we are worried or preoccupied, we are not able to pay attention to other important areas of our lives. If MEAP can offer timely assistance and help employees and family members resolve their difficulties, then life becomes much more manageable for all concerned.
- Please call us if you have any questions and always consider MEAP to be your first call for help.

574-287-1879 or 800-388-0154

During the summer months when we are more active and enjoying the warmer weather it is wise to consider the following information... Did you know the following?

Hydration and Nutrition-Just some facts (Info provided by the CDC)

Getting enough water every day is important for your health. Healthy people meet their fluid needs by drinking when thirsty and drinking with meals. Most of your fluid needs are met through the water and beverages you drink. However, you can get some fluids through the foods that you eat. For example, broth soups and foods with high water content such as celery, tomatoes, or melons can contribute to fluid intake.

Water helps your body:

- Keep your temperature normal
- Lubricate and cushion joints
- Protect your spinal cord and other sensitive tissues
- Get rid of wastes through urination, perspiration, and bowel movements

Your body needs more water when you are:

- In hot climates
- More physically active
- Running a fever
- Having diarrhea or vomiting

If you think you are not getting enough water, these tips may help:

- Carry a water bottle for easy access when you are at work or running errands.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water instead of sugar-sweetened beverages. This can also help with weight management. Substituting water for one 20-ounce sugar sweetened soda will save you about 240 calories. For example, during the school day students should have access to drinking water, giving them a healthy alternative to sugar-sweetened beverages.
- Choose water when eating out. Generally, you will save money and reduce calories.
- Add a wedge of lime or lemon to your water, it can help improve the taste and help you drink more water than you usually do.

For more information and facts on hydration:

<https://www.cdc.gov/healthywater/drinking/nutrition/index.html>

<https://www.health.harvard.edu/blog/big-benefits-plain-water-201605269675>

<https://familydoctor.org/hydration-why-its-so-important/>