Northern Light℠
Healthy Life EAP

Employee Assistance and Training

A Healthier Workforce

Employees who manage stress effectively are often more likely to **maintain healthier lifestyles and avoid medical complications** that drive up employer-sponsored healthcare costs.

Employee wellbeing is good business, for everyone.

Healthy Life EAP is a local, Maine-based Employee Assistance Program that serves more than 100 client companies across Maine, New England, and beyond.

With more than 40 years of diverse client experience, we know the difference a dedicated, personalized, full-service EAP can make for an organization.

Risk Mitigation

A robust EAP acts as an early intervention system. When employees get mental health support early, it can reduce both the direct and indirect costs associated with unmanaged stress and burnout.

(Forbes Business Counsel, 2025)

Reduced Costs

The U.S. Department of Health and Human Services reports that for every dollar invested in an EAP, employers generally save anywhere from $5 to $16.

(Blue Lion HR Consulting, 2024)

What makes us unique:

- 24/7 crisis response
- Appointments in 2-3 days
- Maine-based staff
- On-site services
- Safety-sensitive/DOT expertise
- HR/Leader consultation expertise

When you call us, you can tell the difference.



Our most popular EAP package options include:

Comprehensive and Basic Models	Billed per employee per year
Fee for Service	Annual retainer fee, services billed per session/event

1-800-769-9819 **www.healthylifeeap.com**

The Healthy Life EAP Difference

Northern Light℠
Healthy Life EAP







"Penobscot County has seen a tremendous benefit for our employees through the Healthy Life EAP Team. The team at EAP is beyond professional and always eager to support the employees...we ALL highly recommend Healthy Life EAP."

- Penobscot County Commissioners Office

"Healthy Life EAP is an excellent fit for our mission, values...We care deeply about our staff and have found EAP's support and expertise to be essential to sustaining a healthy workplace culture."

- Partners for Peace

"Healthy Life EAP has been a great resource for our employees and our company. They have provided support to individual employees and the company as a whole after a tragic accident, and continue to assist us with employee training and wellness."

- CPM Construction

"Healthy Life EAP is an invaluable staple in our organization's toolbox. Their EAP program has allowed us to offer our employees the opportunity to confidentially work through life's challenges with a licensed professional and has provided our managers with resources when they have difficult work situations."

- UCP of Maine

"The services we receive through Healthy Life EAP have been exceptional. Their expertise and compassionate staff are second to none. They have been available for us whenever we needed them, without fail."

- Group Main Stream

1-800-769-9819

www.healthylifeeap.com

Northern Light℠
Healthy Life EAP

Employee Assistance
Program and Training

Invest in wellbeing. Reap the rewards.

Healthy Life EAP is Maine-based and proudly serves a growing network of diverse organizations across Maine, New England, and beyond. With 40+ years of experience we deliver personalized, full-service support that can transform your workplace.



WHY IT MATTERS

A healthier workforce = A STRONGER BOTTOMLINE

Employees who manage stress effectively are more likely to lead healthier lives, **reduce costly medical claims** and improve productivity.

(CNBC, 2025)

SMART BUSINESS. REAL SAVINGS.

RISK MITIGATION

Early mental health support reduces the hidden costs of stress and burnout.

(ForbesBusinessCounsel, 2025)

COST REDUCTION

For every $1 invested in an EAP, employers save **$5-$16**.

(Blue Lion HRConsulting, 2024)

When you call us, you can tell the difference.

- 24/7 crisis response
- Appointments in 2-3 days
- HR/Leader consultation expertise
- Maine-based staff
- On-site services
- Safety-sensitive/DOT expertise

Flexible EAP Packages

- Comprehensive & basic models
- Work/Life and Legal/Financial add ons
- Fee for service options
- A la cart service options
- Up to 10 session models available

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HEALTH COACHING WITH YOU IN MIND

ABOUT NORTHERN LIGHT WELLNESS

Our Certified Health and Wellness Coaches form collaborative partnerships to help you create and achieve your health goals.

We take the time to get to know you, your areas of interest, and the unique barriers you may be facing when it comes to improving your wellness.

Over the course of your coaching sessions, we co-create personalized action plans while offering tools and education to move you closer to your desired outcome.

We are here for you!



Our health coaches are your personal health and wellness cheerleaders!

We help people create sustainable lifestyles changes that improve overall health and wellness.

Areas of focus typically include:

- Physical Activity
- Nutrition
- Tobacco Cessation
- Sleep
- Time Management
- Overall Lifestyle Habits

We provide convenient virtual coaching sessions that you can access from anywhere, work or home.

Using a comprehensive and score-able Coaching Intake Assessment, your health coach will establish a baseline for you to better monitor your wellness goal progress.

Throughout coaching we offer encouragement, accountability, and practical tools that are applicable for each of your wellness goals.

Northern Light Health

For more information:

Email - nlwellness@northernlight.org

Phone - 207.275.4400

Northern Light Wellness

At Northern Light Wellness, we offer a variety of wellness services that are designed with your workforce in mind- and all based right here in Maine.

Virtual Health and Wellness Coaching

Our Certified Health and Wellness Coaches form collaborative, working partnerships with employees to help create and achieve health goals.

The health coaching experience begins with an orientation session to discuss the coaching process, identify goals, and co-create an individualized action plan with methods for monitoring progress. After orientation, employees can schedule ongoing 30-minute coaching sessions, with up to 12 sessions available per year.



During these sessions, the health coach provides one-on-one support and accountability to overcome obstacles, celebrate successes, and implement behavior changes, with areas of focus such as:

- Physical Activity
- Nutrition
- Stress
- Sleep
- Smoking Cessation
- Overall Lifestyle Habits

Coaching Intake Assessments

A coaching intake assessment is provided at the start of each coaching relationship to assess health risks and promote healthy behaviors, as well as serve as a baseline for monitoring health goal progression. This versatile tool involves a series of questions about various aspects of an individual's health, including physical activity, nutrition, stress, and overall lifestyle habits.

Together, the participant and coach will review results to identify areas for growth, assess strengths, and create a tailored action plan towards better health.

Biometric Screenings

Biometric screenings measure individual physical characteristics and can be conducted on-site in workplace settings with the goal of ultimately promoting employee health. Biometric screening measurements include:

- Height
- Weight
- BMI
- Blood Pressure
- Waist-to-Hip Ratio (WHR)
- Blood Oxygen Levels

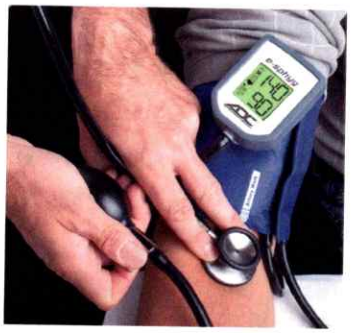
Northern Light Health

For more information:

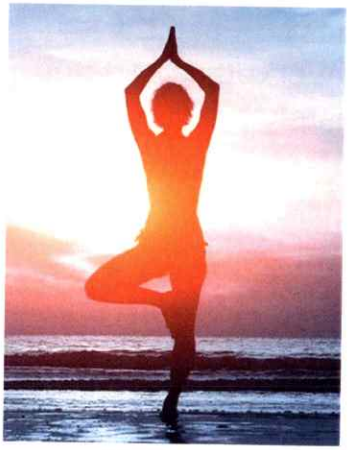
Email - nlwellness@northernlight.org
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Northern Light Wellness









Classes & Groups

Virtual Fitness Classes

Provided by certified fitness instructors, our virtual fitness classes provide employees with an opportunity to get moving throughout the workday, often from the convenience of their workplace setting. Structured classes are typically conducted in 30-minute increments and are modifiable to all skills levels and space limitations. A variety of low-impact cardiovascular, strength, balance, and flexibility classes are available and may include:

- Aerobics
- High Intensity Interval Training (HIIT)
- Pilates
- Yoga

Virtual Lunch and Learns

These 30-minute Lunch and Learn workshops focus on making healthy decisions easier by increasing awareness and providing practical tips to navigate those wellness realms that can feel confusing or overwhelming. Our workshops can be provided as a pre-scheduled "drop-in" option
or offered to specific teams and are typically conducted virtually.
Topics include:

- S.M.A.R.T. Goals
- Shopping on a Budget
- Nutrition Labels
- Healthy Snacks

Group Programming

Over the course of multiple 30-minute sessions, group participants can work through a targeted program together, guided by one of our expert facilitators. Through these virtual programs, participants can explore topics such as sustainable weight management, stress management, wellness self-care routines, and more. Utilizing support and collaboration, the group can collectively and individually:

- Establish clear goals and objectives
- Receive education and resources
- Celebrate successes
- Develop peer connections

Northern Light Health

For more information:

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Phone - 207.275.4400