

EAP CONNECTION

March 2022



Employee Assistance Program

CONFIDENTIAL assessment and referral services for NYS employees and their families at no cost

Contact your EAP Coordinator
or call 1-800-822-0244
goer.ny.gov/eap

Healthy Eating

You can dedicate yourself to a healthy lifestyle by making a few changes to your eating habits. One way is to try to make half your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals, and fiber to your plate. Trying to get to know food labels by reading the nutrition facts panel can help you shop and eat or drink smarter. Explore new foods and flavors by expanding your range of food choices.

When shopping, make a point of selecting a fruit, vegetable, or whole grain that's new to you or your family. You can consult a registered dietitian to learn better eating habits to lose weight, manage a chronic disease, or lower your risk of health issues. Registered dietitians can help you by providing sound, easy-to-follow personalized nutrition advice. Nutrition.gov offers a variety of information that includes meal planning, weight loss, nutrition and age, food safety, research, and recipes.



For resources on improving your nutrition, or finding a dietitian or any other issue, contact your EAP coordinator using the [coordinator listing](#) or call 1-800-822-0244.



[WellNYS Everyday](http://goer.ny.gov/wellnys-everyday)
goer.ny.gov/wellnys-everyday



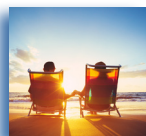
[Online Training and Webinars](http://www.achievesolutions.net/empireplan/resources)
www.achievesolutions.net/empireplan/resources



[Network Child Care Centers](http://goer.ny.gov/nys-network-child-care-centers)
goer.ny.gov/nys-network-child-care-centers



NYProjectHope.org
NYS Emotional Support Helpline
1-844-863-9314
8:00 a.m. - 10:00 p.m.
7 days a week



[Pre-Retirement Planning](http://goer.ny.gov/directions-pre-retirement-planning-information)
goer.ny.gov/directions-pre-retirement-planning-information



Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee well-being, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions: CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37. The Governor's Office of Employee Relations contributes on behalf of management/confidential employees.