

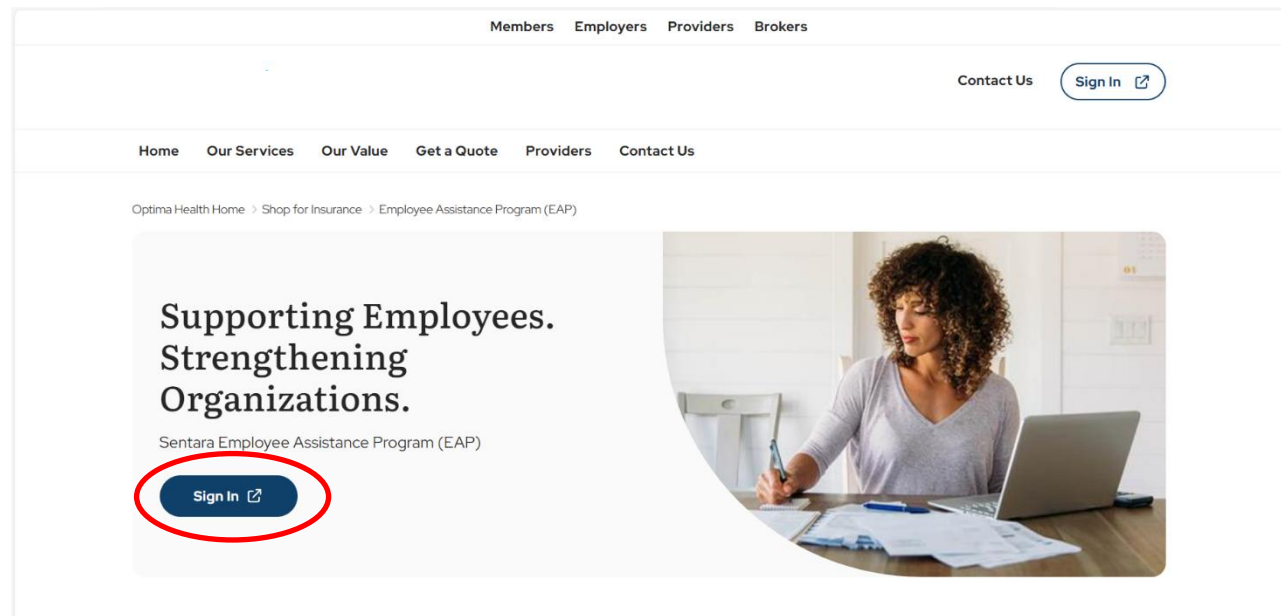
Quick Guide to SentaraEAP.com

Things to Know

- Effective January 1, 2024, the website URL changed from OptimaEAP.com to **SentaraEAP.com**.
- If the former URL is entered into a web browser, it will automatically redirect to the new URL until June 30th.
- As EAP is a product of Sentara Health Plans, users will access EAP from a landing page on the Sentara Health Plans site.
- Once logged in, the updated EAP website will reflect our new brand—Sentara EAP.
- Key changes to the website include visual enhancements to improve user navigation, new content tiles, a new *Learning Centers* feature, and more.
- What hasn't changed is our phone number or your EAP benefits.

Landing Page

Click on the *Sign In* button to
access the website portal



Login Screen

Sentara
Health Plans

Sentara Employee Assistance Program

Welcome

Sign in with your company username* to access a host of resources to support your well-being and effectiveness

**This username is provided by your employer and allows you to sign in anonymously*

Sign In

Company Username:

ENTER

[Learn more about your privacy and security.](#)

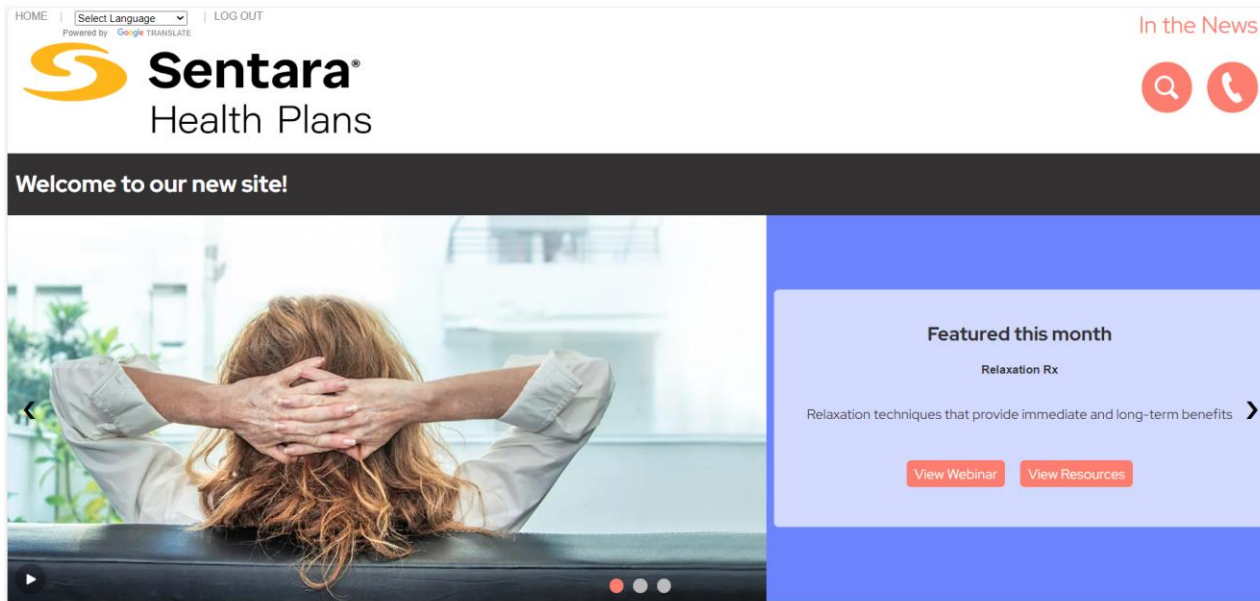
Need help or want to schedule an appointment?

Call Sentara EAP at [1-800-899-8174](tel:1-800-899-8174)

Enter the username assigned to your organization and click the Enter button.

If you don't know the username, ask your manager, Human Resources representative, or email Sentara EAP at EAP@sentara.com

Homepage Features



In the News



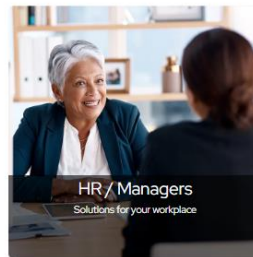
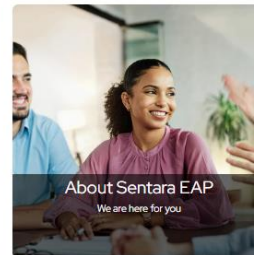
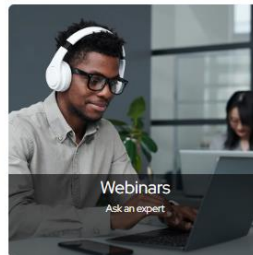
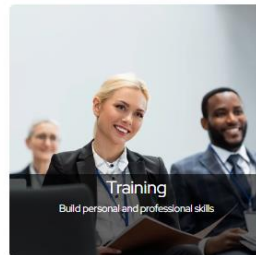
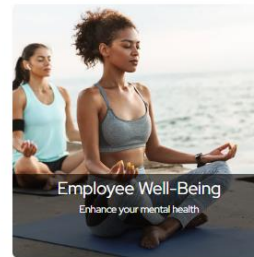
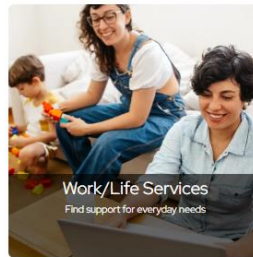
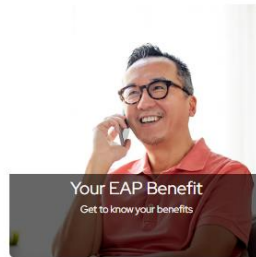
content Search engine

contact numbers for EAP and crisis resources

scrolling banner includes links to:

- *current Thought of the Week*
- *current month's featured webinar*
- *In the News* section with information on current events of interest

Explore Your Benefits



YOUR EAP BENEFIT*

Provides a summary of contracted benefits

WORK/LIFE SERVICES*

Links directly to portal with legal, financial and identity theft services, provider searches, and a discount center

EMPLOYEE WELL-BEING

Links to page with resources (infographics, reflection worksheets, assessments, and more) for mental well-being

TRAINING

Links to page with EAP training catalog, fee-for-service trainings, and web-based training modules

WEBINARS

Links to page with listing of available webinar recordings

ABOUT SENTARA EAP

Links to page with EAP FAQs, online EAP Orientation for Employees, EAP leadership & account management teams, EAP organization chart

HR/MANAGERS

Links to page with EAP Orientation for Leaders, Formal Referral Form, Marketing Toolkit, critical incident resources, leader tip sheets and articles


** Tile is displayed based on the client's contracted benefits.*

Featured Learning Centers

Communication

With practice, active listening and better communication will come more naturally.

[Learn More](#)








View Featured || View All







New micro-learning tool of curated content collections on the most popular topics on the site.

Features training and education-focused resources like webinars and trainings, recommendations for Apps, podcasts, books, videos, blogs, and more.

Over 24 topics available as of January 1, 2024, with more added throughout the year.

-  **College Life**
Campus Life / Career Preparation / College Preparation / Financial Aid
-  **Connections**
Caregiver and Elder Care Support / Disability Support / Education (Canada) / Elder Care (Canada)
-  **Disaster Preparedness**
Coping with Disaster / Disaster Preparedness (Canada) / Earthquakes / Emergency Preparedness
-  **Emotional Wellbeing**
Anger Management / Anxiety Disorders / Attention-Deficit/Hyperactivity Disorder (ADHD) / Autism Spectrum Disorders

-  **Financial**
Auto Center / Banking and Loans / Budgeting / Consumer Protection
-  **Health**
Allergies / Alternative Medicine / Autoimmune Diseases / Brain Health
-  **Legal**
Advance Directives / Business Law / Consumer Protection / Criminal Law
-  **Parenting**
Adoption / Babies and New Parents / Bullying / Child Care
-  **Workplace**
Career Resources / Careers (Canada) / Communication / Conflict Management

-  **Assessments**
Get insights into your risk levels and actionable steps to take.
-  **Calculators**
Interactive, self-help financial tools to help you assess possible outcomes.
-  **Legal Forms**
Common personal legal forms for everything from will making to rental agreements.
-  **Recipes**
Library of dietician-reviewed recipes that are healthy and delicious!
-  **Trainings**
Personal and professional development training courses.
-  **Webinars**
On-demand, expert-led talks.

Section is displayed at the bottom of the homepage and of every page on the site to provide quick access to topics of interest.