



Employee Assistance Programme

The **Employee Assistance Programme (EAP)** is provided by Momentum Wellness at no additional cost to FundsAtWork and Group Insurance members. The EAP supports members as they navigate life's challenges. It aims to improve the physical, financial, and emotional wellbeing of members and their families (spouse and children).

We are here to support members through life's challenges.

All EAP services are confidential, unless a member gives us specific written permission to share information with their manager or human resources.

24-hour psycho-social counselling

Professionals are available to support members as they take on any life challenge.



24-hour telephonic trauma support

Members can call in for immediate help if they have the misfortune of experiencing any trauma.



Legal and financial advice

Members facing a legal challenge or debt worries can get guidance and advice from admitted, experienced attorneys. Experienced financial counsellors are available to help members navigate day-to-day financial challenges. Members also have access to our digital financial advice packages, available in Afrikaans, English, isiXhosa and Sesotho. And handy calculators for retirement, savings, interest and inflation.



Physical wellbeing services

Counsellors can provide support with any general and chronic conditions, including HIV and AIDS and TB.



Wellness Café

The Wellness Café gives members virtual access to content and resources on topics such as nutrition, sleep, mindfulness and more.



How to access the EAP

Here are six easy ways members can access the services



1

Telephonically

Call the dedicated toll-free number, **0800 22 93 55**, listen to the options and choose the relevant one. Available **24 hours** a day, **7 days** a week.



2

SMS

Send a please call me SMS to **083 450 0508**



3

Whatsapp

Send a WhatsApp to **031 574 3907**



4

Email referral

Members may send an email to **eap@momentum.co.za** for self-referrals. If you are a manager and want to refer an employee, you can email the **Managerial Referral Form** during office hours to **eap@momentum.co.za**



5

Website

Visit **momentumwellness.co.za**



6

Live chat

Use the live chat on **momentumwellness.co.za** during office hours.

Empowering your employees to live a happier, balanced and more fulfilled life