



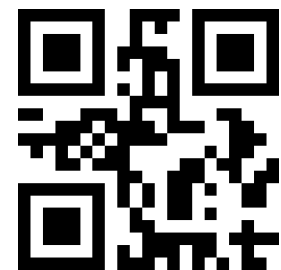
Please remember to say, “I have a CAP with... (name of church)”

800.442.0809

Press 1 and follow the prompts

Your CAP Benefits Include

- 3 sessions of free, confidential counseling per episode of care
- In-the-moment support available 24/7
- Free legal consultation
- Free financial consultation
- Free elder care consultation
- Personal Advantage online library access
- Wallet Wisdom online financial wellness
- All benefits available to member and EVERY member of their household



Scan the QR Code above to
call the CAP benefit line.

Additional Contact Info

Email: eap@pinerest.org

Web: pinerest.org/eap

Personal Advantage: pinerest.org/PAL

Confidential Counseling Services

Free, confidential counseling can be accessed via teletherapy or in-person sessions.

- **How do I schedule my free counseling sessions?**
Call 800.442.0809, press 1 and follow the prompts. Remember to say at the beginning of your call, "I have a CAP with... (name of church)".
- **What is an episode of care?**
An episode of care begins with your first visit and doesn't end until you have left treatment and your case is closed. An episode of care may include addressing multiple issues.
- **Will my church be notified?**
All CAP services are 100% confidential.
- **Are my family members eligible for CAP benefits?**
Every member of your household is eligible for the CAP benefits including dependents who are away at school.

What if I need immediate support?

If you or a loved one are in crisis or experiencing suicidal thoughts, please visit a hospital ER or Pine Rest Psychiatric Urgent Care Center.*

Access in-the-moment support by calling 800.442.0809 (press 1 and follow the prompts).

*ER and Psychiatric Urgent Care are not included in the CAP benefits.

Free Consultations

Free consultations are available to you and every member of your household.

Elder Care Consultation

Access an elder care specialist from Pine Rest for a free consultation including assessment of needs, education and resources for housing, care and support groups.

Legal Consultation

Access an attorney from Michigan law firm, Rhoades McKee, for a free 30-minute consultation to discuss any legal matter. Additional services receive a 20% discount.

Financial Consultation

Access a finance expert from Lake Michigan Credit Union to discuss any financial matter via telephone, video call or in-person at a LMCU location.

Accessing Your Free Consultations

- Option 1: Call 800.442.0809, press 1 and follow the prompts to select your free consultation.
- Option 2: Scan the QR code below to email your request.
- Remember to say, "I have a CAP with...".



Scan the QR code to email your request for an elder care, legal or financial consultation.

Free Online Resources

Personal Advantage is an online library with thousands of resources related to health and wellness, financial and legal issues and more. This library includes articles, videos, webinars, calculators, locators, assessments and trainings.



Personal Advantage
pinerest.org/PAL

My Company Username is:

Wallet Wisdom is a financial resource library of webinars, calculators and articles to help you with complex financial issues such as debt consolidation, student loans, retirement saving, mortgage lending and more.



Wallet Wisdom
go.lmcu.org/pine-rest