



**We're  
In This  
Together.**

1-800-433-2320 or [cascadecenters.com](https://cascadecenters.com)



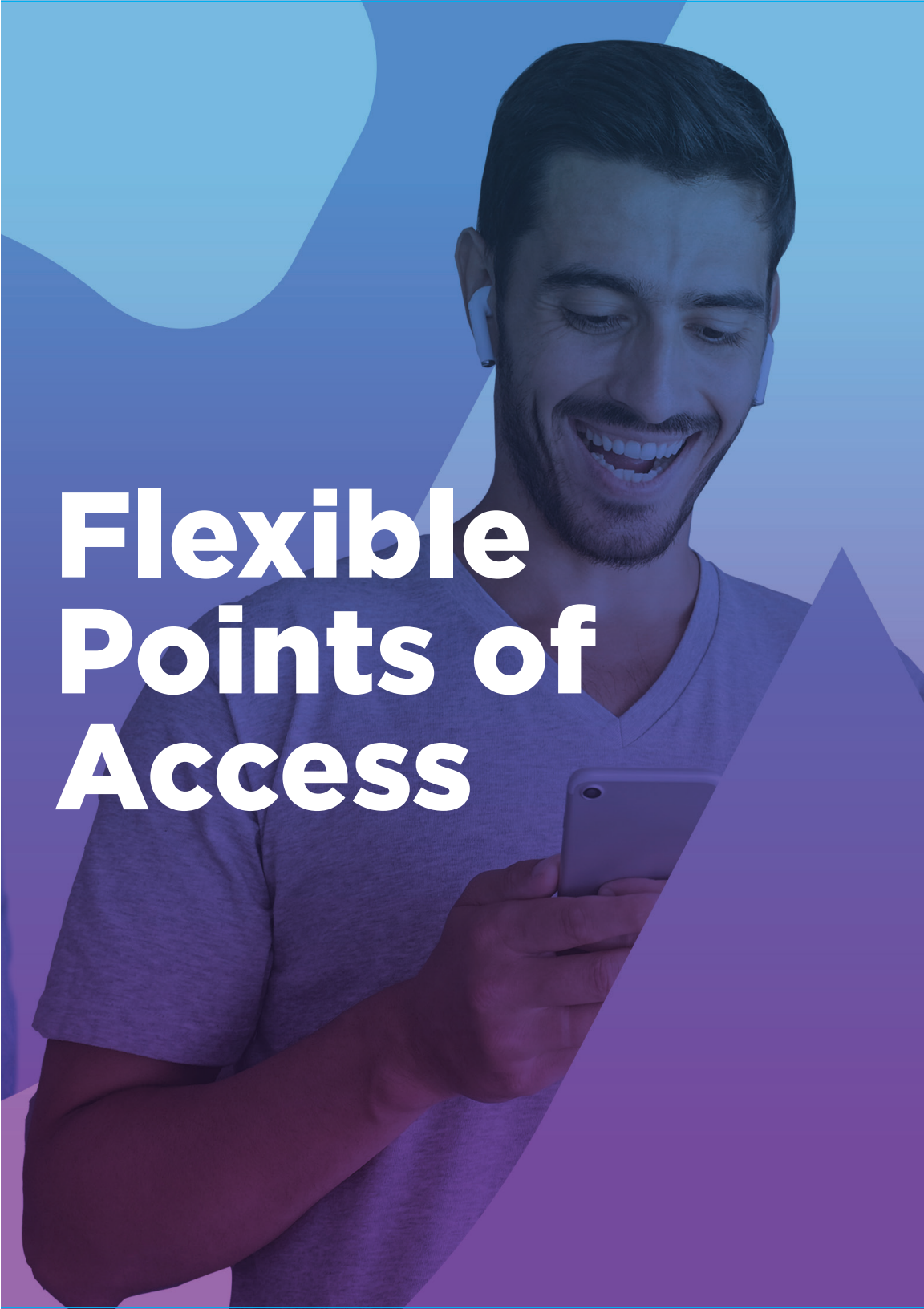




**Improving  
quality of  
life Since  
1975**

# **A comprehensive and leading-edge approach to Employee and Organizational Assistance.**

High-level Account Management  
Best in Class Member Experience  
Measurable EAP Outcomes  
Innovative Well-being Services  
Stigma-reducing Promotion  
Diverse Points of Access



# Flexible Points of Access

**24/7/365  
counseling  
support.**

Text Support

Online Scheduling

Self-use Therapy App

Live Chat

Video Support

Phone Counseling

A.I. Well-being Support

**All of Cascade's points  
of access to the EAP are  
secure and confidential.**



# Well-being Services

## Improve employee satisfaction and engagement.

LifeBalance Discount  
Wellness Network

Financial Wellness Program

Housing Support

Pet Insurance Discounts

Life Coaching

**Cascade's EAP services  
reduce stigma and increase  
utilization.**



A man in a dark suit and light blue shirt is smiling and holding a tablet. The tablet screen shows the 'WholeLife Directions' app interface, which includes a 'How It Works' section with three steps: 1. Complete, 2. Self-Use, and 3. Customized. The background is a gradient of purple and pink.

# WholeLife Directions

JOURNEY TO THE BEST YOU

**Complete mental  
health screening +  
instant connection  
to personalized  
treatment.**

## **WholeLife Scale**

Complete screening providing immediate feedback and recommendations.

## **Self-Use Therapy Tools**

App based treatment providing immediate support.

## **Customized Organizational Promotion**

Ready to use tools focusing on your organization's high-risk areas.

**WholeLife Directions improves  
the way your EAP is delivered.**