



See how Face It TOGETHER @ Work differs from EAPs.

FIT @ Work	EAPs
Expertise in addiction management for people affected, including loved ones	Short-term counseling, assessments and referrals for a variety of personal issues
Navigation to quality treatment programs that meet predetermined standards	Typically refers out to closest programs
Long-term coaching with weekly sessions	Short-term focus with limited sessions
No cost to employees or their families	Usually two or three covered sessions, then employees pay out of pocket
FIT views employees as members	EAP views employees as patients
Members may give permission to update their employers on progress	Patients may give permission to update their employers on progress
Free coaching also available to family members of employees	EAP is usually limited to plan members only
FIT finds the right coach by pairing members with the best match	Employee must research, identify and schedule provider who qualifies under EAP
Proven outcomes with comprehensive data	Most reporting is on utilization, not results
HIPAA compliant and confidential	HIPAA compliant and confidential
Convenient options, including coaching in person, over the phone or by secure video	Depends on the provider
Personalized data-backed plan based on risk, wellness and other self-assessments	Varies by plan