



EAP Counseling is Available Online

Claremont EAP is pleased to remind you about the option of working with an EAP counselor using web-based video conferencing. The service is easy to use – similar to Skype – but meets medical security requirements.

Why video?

Transportation issues, care-giving responsibilities, scheduling conflicts – Claremont is aware of the obstacles to access in-person counseling. Video counseling eliminates these obstacles and makes it possible for you to work with a counselor in the privacy of your home.

How do I get started?

It's simple. Call Claremont EAP to authorize your counseling sessions. We will refer you to a clinician who is "video-enabled". Once you've contacted the clinician by phone and agreed on an appointment time, they will send you an email invitation with a link. A few minutes before the appointment, you click the link and will be placed in the virtual meeting room.



How many video sessions do I get?

You get the same number of video sessions as in-person visits. Video counseling sessions are counted the same as in-person sessions.

What are the technology requirements?

All you need is a webcam, microphone and high-speed internet connection. You can use a computer, laptop, smart phone or tablet. Tech support is available if you run into any issues.

For free and confidential assistance, call Claremont EAP at:

800-834-3773
www.claremonteap.com