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Subject: HAF/A1C Message # 2025-0015 -- REMINDER - Air Force Employee Assistance Program (EAP)
Date: Tuesday, February 18, 2025 6:08:24 PM

MESSAGE FROM THE CIVILIAN FORCE MANAGEMENT DIRECTORATE (A1C)

HAF/A1C Message # **2025-0015**

SUBJECT: REMINDER – Air Force Employee Assistance Program (EAP)

BLUF: //FOR INFO// To provide a reminder of information regarding the Air Force Employee Assistance Program (EAP) for Air Force civilian personnel.

BACKGROUND: The Employment Assistance Program (EAP) provides free and confidential services to help Air Force civilian personnel manage everyday challenges and work on more complex issues. All Air Force civilian personnel—including non-appropriated funds (NAF) employees; Guard and Reserve; and family members may use the EAP at no charge to the individual or family member. Services are also available to Army civilians at Air Force-led bases, Direct Hire Foreign Nationals in USAFE, and their respective households.

TALKING POINTS:

- The EAP offers coaching to help employees grow and achieve their goals, as well as counseling for when life gets difficult.
- The EAP provides management support to help staff thrive and self-care programs to improve emotional health.
- The EAP provides the same services and access to care provided in the past with continued access 24/7 via telephone, website, or in-person. Call **866-580-9078** or visit: (<https://www.afpc.af.mil/Military-and-Family/Personal-and-Work-Life/>) to access additional information and access the EAP portal where employees can:
 - Explore the variety of services available
 - Find a provider to meet unique needs
 - Search the Learning Center for relevant health information and tools
- <https://member.magellanhealthcare.com/?cid=18585> - Use Code "US Air Force"
- <https://www.magellanassist.com/global/default.aspx> - Use Code "USAirForce"

The Air Force Personnel Center (AFPC), and appropriate program offices responsible for managing EAP resources and may issue additional operational guidance as needed.

For additional information, contact Mr. Scott Stoner, A1CM, COMM: (703) 571-1728,

or email: scott.stoner.2@us.af.mil.

All AF/A1C Numbered Messages are maintained on A1C's SharePoint located at:
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V/R

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