



National
FABRY DISEASE
Foundation

Family Assistance Program Overview For National Fabry Disease Foundation

Presented by: KGA, Inc.
Susan Kapopoulos: Senior Account Manager

The Basics



- Provided by your employer
 - No cost to you
- Confidential resource
- Accessible 24/7
- Available to employees and adult household members:
 - Counseling (3 sessions)
 - Consultation
 - Referral
- Access, tools & content



my.KGALifeServices.com

Company code: nfdf



More Human. More Resources.

Available 24/7
800-648-9557
info@kgreer.com



Website: my.kgalifeservices.com
Company code: nfd

FAMILY ASSISTANCE PROGRAM

A free, confidential program for families. Here's how we can help:

EMOTIONAL HEALTH

Counseling, Consultations & Referrals

- Alcohol & Drug Concerns
- Anxiety
- Chronic Illness
- Depression
- Eating Disorders
- Family & Relationship Concerns
- Gambling
- Meditation
- Mindfulness
- Partner Violence
- Smoking Cessation
- Sleep Issues
- Stress Management

PARENTING

Childcare Consultation & Referrals

- Back-up Care
- Before/After School
- Childcare Centers
- Family Day Care
- Nannies & In-home Care
- Summer Camps

Information & Support

- Adolescence
- Adoption
- Child Development
- College Planning
- New Parents and Pregnancy
- Special Needs

ELDERCARE

Consultation & Referrals

- Assisted Living Facilities
- Caregiver Support
- Community Services
- Home Health Care
- Hospice
- Medicare/Medicaid
- Nursing Homes
- Respite Care
- Social Security
- Transportation

LEGAL

Consultation & Referrals

- Bankruptcy
- Child Custody & Support
- Consumer Issues
- Elder Law
- Estate Planning
- Immigration
- Landlord Tenant Disputes
- Real Estate Concerns
- Restraining Orders
- Separation & Divorce
- Wills & Trusts

*See back for legal disclaimer

FINANCIAL

Consultation & Referrals

- Budgeting
- Credit Problems
- Debt Management
- Financial Wellbeing
- Homebuying Information
- Insurance Planning
- Retirement Planning
- Tax Resources

WORK

Consultation & Referrals

- Career Exploration
- Interest Testing
- Job Performance Concerns
- Job Search Strategies
- Resume Review
- Time Management
- Work-life Integration
- Work Stress

CONVENIENCE SERVICES

Information & Referrals

- Community Education Classes
- Fitness Programs & Trainers
- Home Cleaning
- Home Repair Services
- Moving Services
- Organizer Services
- Pet Care
- Relocation Information
- Yoga Classes

NUTRITION

Consultation & Information:

- Child Friendly Meals
- Diabetes
- Food Allergies
- Gastrointestinal Problems
- Healthy Eating
- High Blood Pressure
- High Cholesterol
- Lactation
- Weight Management

Support for Family, Home & Work



Network of Expert Consultants and Coaches

30-minute consultations



Parent / Child

- Early Childhood Development Specialist
- Fertility Coach (new 2023)
- Lactation Specialist
- Parent Coach (new 2023)
- Special Education Consultant



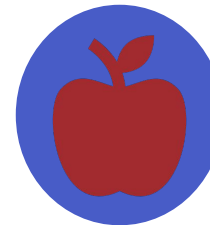
Career

- Professional Career Coaches



Legal

- In-house attorney
- National network



Nutrition

- Registered Dietitians



Financial

- Certified Financial Planners
- Certified Public Accountants
- Financial Coaches



Sleep

- Sleep Coach

Support for Parents & Children



Prenatal to Early
Childhood



Childhood



Teens



Dependent Young
Adults



Parenting Concerns

Parenting Stress

Minors' Mental Health

Nutrition

Special Needs

Sleep

- Centers / Preschools
- In-home care
- Nannies
- Adoption
- Lactation
- Post partum
- Pregnancy

- Before/after school care
- Learning resources
- Summer camps
- Child development
- Child nutrition
- Special education

- Enrichment
- Tutors
- Adolescent development
- College planning
- Job search skills

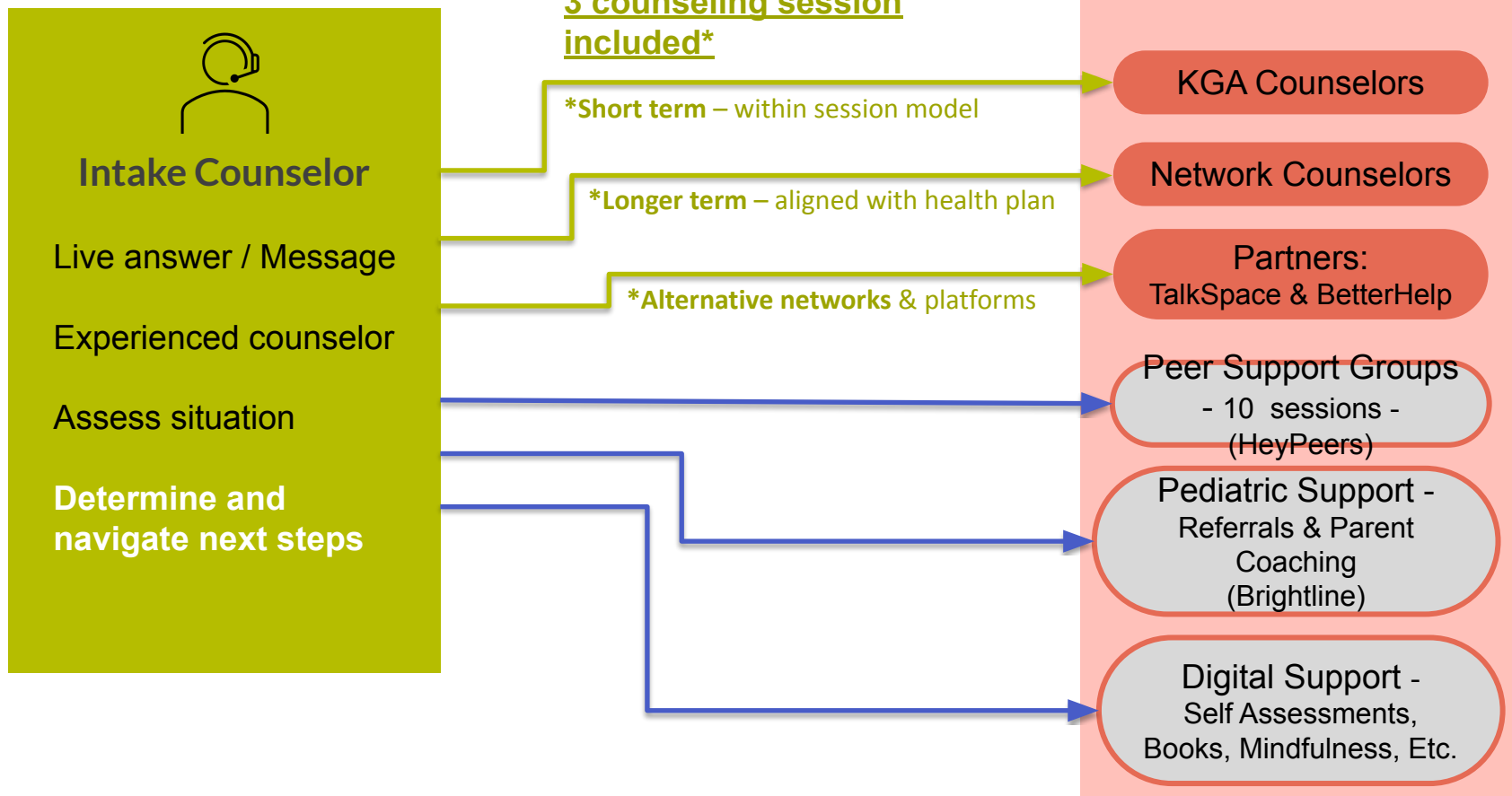
- Career development
- Relationship issues
- Student loans
- Budgeting & saving
- College planning
- College transition

Blended Mental Health



How it works

- ◆ self schedule
- ◆ phone
- ◆ text / chat
- ◆ email



Peer Support – You're Not Alone



Learn from others dealing with similar issues

A successful alternative (or addition) to traditional counseling

Join a group discussing a topic important to you:

- Addiction Recovery
- Anxiety
- Bipolar Disorder
- Depression Recovery
- Frontline Worker Support
- Grief
- Parenting Stress

10 free sessions



- Led by a trained and certified peer support specialist
- Participate by video
- **Learn more. Get started:**
 - Ask a KGA counselor about peer support
 - Visit: My.KGALifeServices.com/HeyPeers

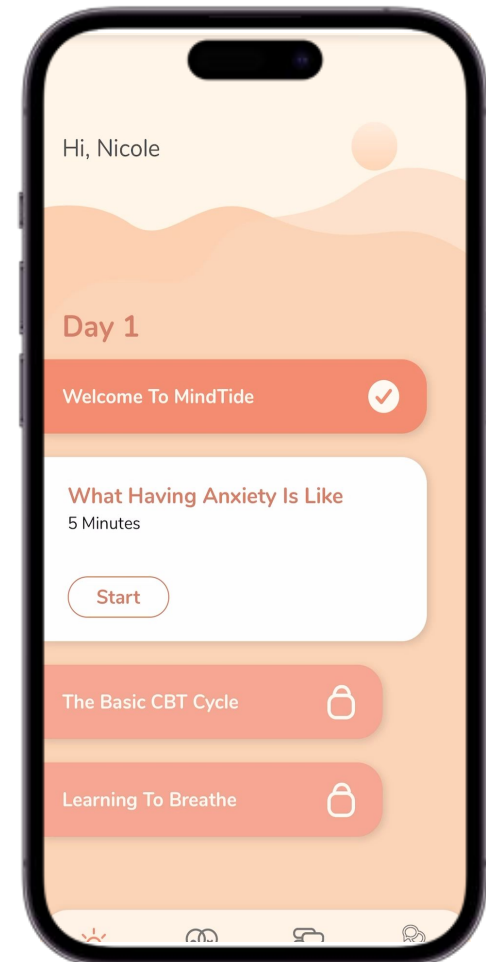


Anytime, anywhere mental health support.

MindTide is personal to your specific needs. Use this self-help app independently at your own pace, or along with support from a KGA counselor.

Engage with a variety of brief, easy-to-use **exercises, courses, and audio tools** to:

- ✓ Handle stress, worries, & anxiety
- ✓ Fight negative thinking
- ✓ Cope with panic
- ✓ Decrease social anxiety
- ✓ Build self-esteem
- ✓ Practice self-compassion
- ✓ Live calmly and mindfully
- ✓ Pursue happiness



KGA Digital Features



KGA Mobile (fully integrated app)

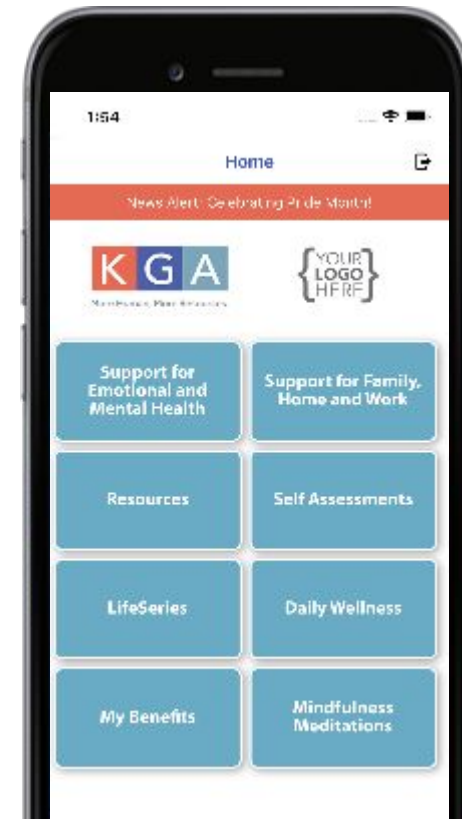
Provides online access to resources, self scheduling whenever, wherever.

KGA LifeServices Platform

Employee access to mental health support, resources for daily living, live events and more.

www.my.kgaliveservices.com

Company Code: nfdf



Thank you



Download **KGA Mobile**



Accessible by:

- Phone: 800-648-9557 (24/7)
- Online chat/text (8:30-5:00 m-f)
- Website: My.KGALifeServices.com
 - Company code: nfdf
- Email: info@kgreer.com
- App: KGA Mobile