



FOH4You.com

New Features Have Been Added

Enhanced Functionality, Expanded Content

Federal Occupational Health in partnership with Magellan Behavioral Health is committed to helping individuals improve their well-being. One of the ways in which we reach out to our Employee Assistance Program (EAP) customers is through *FOH4you.com*, our EAP Website.

Helping People Help Themselves

FOH4you.com is focused on helping empower individuals to help themselves, enabling them to get extensive, meaningful, expert assistance conveniently...and confidentially. Users can access a full-continuum of self-paced resources to meet their needs. One new feature is the “**Interactive Tools**”. To explore this new tool:

From the “**Welcome Page**”

1. Select “**Interactive Tools**” from the left menu bar
2. On the next page select your area of interest
3. From the “**All topics list**” on the right select your topic

Depending upon the topic you select you’ll have access to some or all of these sections:

- **Quick Info** –gives a quick, clear read on the topic – quick facts, helpful hints, questions and answers, and pointers to more help.

- **Self-assessment** programs involve spending about 15 minutes answering questions. An appraisal of the scope of the problem is given, as well as advice on solving it.

- **Personal Plan** programs may take up to 30 minutes. Individuals learn about a topic or problem area, and techniques for improvement. Each program includes online exercises, personalized feedback and a plan for practicing new skills.

- **Articles** – information specific to the topic you’ve chosen.

- **Discussion Transcript** – Read the transcript of a question-and-answer session on the selected topic.

- **Sound Advice Audio Clip** – Listen to recorded information about the topic.

To explore this new feature, visit the EAP Website today, FOH4you.com.