Sentara® Health Plans

Our work/life resources support you through life's ups and downs.

Navigating life's challenges while handling the demands of your job can be stressful. We can help you find the right work/life balance.

Connect with a Work/Life Consultant
Our experts provide confidential guidance to help you find the right childcare, eldercare, pet care, and education and solve other everyday living needs.

Get Legal Advice
Qualified attorneys provide assistance with civil, consumer, criminal, estate, financial, immigration, IRS, personal/family, real estate, and other matters.

Talk to a Financial Expert
Certified financial planners, certified public accountants, and credit counselors provide support for budget, debt, real estate, bankruptcy, credit, identity theft, retirement planning, and more.

Access 24/7 Online Resources
Search our expansive library of articles, webinars, calculators, videos, assessments, and other interactive tools to find information on health, wellness, family, aging, education, legal, and financial topics.

Sentara EAP is administered by Sentara Behavioral Health Services, Inc.

- Visit **sentaraEAP.com** and enter your organization's username.
- Click on "Work/Life" and "Access Enhanced Online Resources." Enter the company code shown below.
- Create a unique username and password to access the resources.

Company code:

Sentara20

Call Sentara EAP at 1-800-899-8174

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