



Online EAP Orientation

We invite you and your family to view Continuum's EAP Orientation on our website. This presentation will familiarize you with the EAP services available to you. Because it's online, you can view it any time that is convenient and as often as your wish.

The 8 – minute orientation can be viewed on any computer with Internet access and a sound card. The orientation is a Flash file and requires Flash Player to run. Flash Player is included on most Web browsers.

To view the online orientation, log onto www.4continuum.com. At the home page click **employee assistance**. When the employee assistance appears, click **Online EAP Orientation** on the right side of the screen. The file will take several moments to download and the presentation will start automatically. You will be returned to the employee assistance page of the website after the orientation is complete.

If you encounter problems, have any questions or wish to use our services, please contact us (402) 476-0186 or (800) 755-7636 or e-mail us at eaSpecialist@4continuum.com.