

ACHIEVE SOLUTIONS®

Achieve Solutions® is a Web site filled with educational information and content on health and wellness and behavioral health issues.



We encourage you to access this site, which is maintained by ValueOptions®, as often as you like. Visit Achieve Solutions® to:

- Access a library of educational materials, including information on depression, anxiety, money and legal concerns, stress and relationship issues.
- Complete self-assessment tools.
- Read news briefs and feature stories, which are updated weekly.
- Access care providers and community resources in your area.

SITE FEATURES

- More than 6,000 articles in 200 different topic areas, clustered in centers:
 - Alcohol & Other Drugs
 - Anxiety
 - Depression
 - Family Care & Education
 - Health & Wellness
 - Money & Legal
 - Relationships
 - Work
- Quizzes and calculators
- Links to community resources in your area
- Monthly polls
- An EAP orientation video (located under the “Resources” tab on the top navigation bar)
- An English and Spanish-language version of the site

CONTENT CREDIBILITY

Content providers include the Boston College Center for Work and Family; the University of Florida McKnight Brain Institute; Harris, Rothenberg International; The Stepfamily Association of America and others. The clinical content, reviewed annually, undergoes a stringent review process, which includes peer review.

AWARDS

The site and its deep content base have received numerous awards, including the e-Healthcare Leadership Award for Best Overall Internet Site Category, Best Health/Healthcare Content and Best Site Design.

Examples of articles on the site:

- “Facts About Chronic Fatigue Syndrome”
- “Tax-wise Ways to Save”
- “Make Your Workspace Work for You”
- “Fitting Physical Activity in Your Daily Life”
- “Is It Depression or the Blues?”
- “Tips to Tame Stress”