



**North Kingstown School Department
Employee Wellness Programs**

The North Kingstown School Department, in partnership with RI Trust, has available two FREE programs to support our employees' financial, family, physical, emotional, and mental health. From free lawyer consultations, child and elderly care support, local historical walks, and wellness challenges, these portals have something for everyone. Below is a brief outline of the two sites with directions on how to sign up at the bottom.

	
<p>Health Matters will give you access to:</p> <ul style="list-style-type: none">• Classes and Events• Wellness Challenges• Health Assessments• Health Tracker• Health and Wellness Course• Injury Prevention• Plan for Wellness <p>Courses, classes and events that support your physical and emotional wellbeing.</p>	<p>Coastline EAP will give you access to:</p> <ul style="list-style-type: none">• Mental Health Counseling• Coaching• Legal and Financial Consultation• Work-Life Referrals• Family Health• Medical Advocacy• Recipes• Disaster Preparedness <p>Articles and Webinars are available on the website, if you can't make a session, it will be ported on the site.</p> <p>24/7 Free Confidential Support</p> <ul style="list-style-type: none">• By phone 800-445-1195• By messaging on platform• Confidential request forms
<p>Go to: www.ritrust.com From the top menu,</p> <ul style="list-style-type: none">❖ click on "Health Matters Portal" to log in/register❖ 1st time users should choose the button that says "click here to register"❖ On the next page, choose "North Kingstown School Department" from the drop down menu for "Group" and complete the remaining information. <p>App Search for "Alaveda" in the App Store or on Google Play. Then use your regular login credentials to login.</p>	<p>Click: coastlineeap.personaladvantage.com/ Our Organization Name: NKSD</p> <p>Website: coastlineeap.com</p>