

# Scavenger Hunt

IMPACT - Employee Assistance Program

Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_



Click [HERE](#) to get to the IMPACT welcome page if you are logged on to a CSU computer. If you click the link and are not automatically logged in, you will need to click “Go to member login” and type in “CSU” for the Username.

Note. You may need to create a personal profile to access some resources, including legal forms and health assessments.

<p>First, click on the purple block that says “EAP Information &amp; Newsletters.” Then click the “EAP Orientation” link and watch the video to answer the questions below.</p> <ol style="list-style-type: none"> <li>Besides yourself, who is eligible for IMPACT services?</li> <li>What is the phone number to call IMPACT?</li> <li>List a few of the services from the video.</li> </ol>	
<p>Go back to the home page and take a look at the website. List 5 Centers that are available to you and your family. Describe what you learned about one Center.</p>	
<p>Through our affiliation with IMPACT, we offer membership to Corporate Perks through the Savings Center. Go to the Savings Center or another center of your choice and list one things that you found helpful.</p>	
<p>Your 5, one-hour face-to-face counseling sessions provided by Impact are available to address a wide range of personal and work related issues. The IMPACT website also houses a host of information regarding Stress, Family, Relationship, Caregivers, Special Needs, etc. Enter a topic of interest into the search bar at the top right of the page, and share what was most helpful to you.</p>	
<p>In addition to the IMPACT workshops that CSU’s VikeHealth &amp; Well-Being Program offers on-campus, IMPACT also offers a wide variety of health videos, webinars and training on the website under each of the topics or blocks listed. Visit 3 health videos, webinars or training recordings that are of interest to you and share what you found.</p>	
<p>IMPACT offers many legal resources and services, including a referral to a legal specialist who will spend 30 minutes consulting with you at no cost, as well as other helpful legal documents you can download for FREE. Find a will and one other legal document on the website. What did you find in the Legal section most helpful to you?</p>	
<p>In addition to calling the IMPACT 800 number for in-the-moment support, you can also inquire about Tobacco Cessation, Eldercare, Retirement, Financial Education and Guidance, and Nutrition Counseling. Resources for these topics are also available on the website. Investigate one of the topics of interest to you. What did you learn or find most helpful?</p>	
<p>Look at the Emotional Wellbeing section on the site. Share what you found most helpful to you.</p>	

**Complete this IMPACT Scavenger Hunt form for 100 VikeHealth points and submit it under the “Annual Screenings and Offerings” category on the Rewards page of the VikeHealth & Well-Being portal.**

