

Employee Assistance Summary of Services



ASSISTANCE
by **bhs**

What is an EAP?

Provided by BHS, your Employee Assistance Program (EAP) provides you and your household members with **free, confidential, in-the-moment support** to help with personal or professional problems that may interfere with work or family responsibilities.

What Happens When You Call the EAP?


A Care Coordinator (master's level clinician) will confidentially assess the problem, assist with any emergencies and connect you to the appropriate resources. The Care Coordinator may resolve your need within the initial call; assess your need as a short-term issue, which can be resolved by an EAP counselor within the available sessions; assess your need as requiring long-term care and assist with connecting you to a community resource or treatment provider available through your health insurance plan.*

Common Reasons to Call Your EAP


Relationships	Transitions	Risks	Challenges
Boss/ Co-worker	Birth/Death	Burnout/Anger	Daily responsibilities
Customers	Health/ Illness	Depression/ Anxiety	Financial/Legal
Friends	Marriage/Divorce	Suicidal thoughts	Parenting
Spouse/Kids	Promotion/ Retirement	Substance abuse	Stress/ Conflict

PROGRAM FEATURES:

 **Program Cost**
This is a **FREE*** benefit provided and paid for by your employer at no cost to you.

 **Confidentiality**
BHS follows all federal and state privacy laws. When you speak with us, you can trust that your conversations and information will be kept completely confidential.

Information about your problem cannot be released without your written permission.

 **Available 24/7**
Services are available 24-hours a day, 7-days a week via a toll-free number.

Help is just a phone call away.

866-765-3277

MyBHS Portal

The mobile-friendly MyBHS customer portal provides access to a variety of trusted online well-being resources.

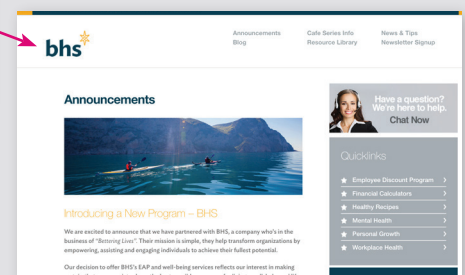
Features:

- ✓ Announcements
- ✓ Program Information
- ✓ News & Tips
- ✓ Access to Live Chat
- ✓ BHS Focus Newsletter Sign up
- ✓ Café Series Webinars
- ✓ Resource Library
- ✓ Training Center



To access MyBHS Portal:

1. Go to **portal.BHSONline.com**
2. Enter MyBHS username:
3. Click **LOGIN**



* If you require a referral for long-term treatment, costs may be incurred. These are often covered by your health insurance plan.

Work-Life Services



CHILDCARE

BHS provides up-to-date, carefully screened, national resources and referrals for a range of childcare needs including:

- Adoption and Special Needs
- Before and After School Programs
- Emergency and Back-Up Care
- Family Daycare and Group Homes
- Nanny and Au Pair Services
- Nurseries and Preschools
- Summer Camps



ELDERCARE

BHS provides up-to-date, national resources and referrals for a range of eldercare needs including:

- Home-Based Services: Nutrition, Meals on Wheels, Cleaning and Repair
- Housing: Retirement Communities, Subsidized Housing
- In-Home Care: Medical and Nursing Rehabilitation Services
- Inpatient Services: Nursing Homes, Intermediate Care Facilities, Respite Care and Assisted Living Facilities
- Older Adult Services: Support/ Advocacy Groups, Volunteer Opportunities and Adult Day Care
- Transportation Services



LEGAL

When faced with a legal matter, simply contact BHS and you will be connected to an attorney with expertise specific to your needs. **Legal benefits under the program include:**

- Free 30-minute consultations
- In office or telephonic with local plan providers
- Each consultation must be over a new legal topic
- 25 percent off the attorney's hourly rate when an hourly rate is quoted for services beyond consultation



FINANCIAL

You and your household members can access unlimited telephonic financial counseling, information and education from BHS' team of highly-trained financial counselors. **Typical financial matters include:**

- Budgeting
- College Funding
- Credit Counseling
- Debt Management and Consolidation
- Retirement Funding



COACHING

Well-Being Coaches are available to discuss your health and wellness needs, answer general wellness questions, provide preventive health coaching and assist you with locating appropriate health resources in the following areas:

- Complimentary Care (Yoga, Chiropractic, etc.)
- Building Healthy Relationships
- Career Development
- Emotional Well-Being
- Fitness and Exercise
- Healthy Eating and Nutrition
- Healthy Lifestyles
- Reducing Disease Risk Factors
- Stress Management
- Tobacco Cessation
- Weight Loss/Management
- Work/Life Balance



CONVENIENCE CARE

With the EAP, finding what you are looking for is just a phone call away. BHS provides up-to-date, national resources and referrals for a range of needs, such as:

- Adult Education Classes
- Airfare, Hotel and Car Rental
- Concert, Sport and Theater Tickets
- Contractors, Handymen, Plumbers and Landscapers
- Party Planning
- Personal Shoppers
- Pet Care
- Spa and Salon Services

Locator Services



LOCATOR

BHS shall provide participants with a resource that allows for searches to be performed based on specific requirements regarding child and eldercare needs. This resource is available through the MyBHS portal.



Contact Your EAP.

Help is just a phone call away. Call BHS' toll-free number:

866-765-3277

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TotalRewards



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