

YOU

supported.



Employee Assistance Program (EAP)

- + Confidential support for personal and work-related issues
- + Short-term counseling for stress, anxiety, depression, and more
- + Referrals to mental health professionals and community resources
- + Support for substance use and addiction
- + Assistance with legal, financial, and family issues
- + Support for grief and loss
- + Assistance with health and wellness

Behavioral Health plan

- + Comprehensive mental health services (individual, group, and family therapy)
- + Medication management and psychiatric services
- + Crisis intervention and emergency services (24/7)



Employee Assistance Program (EAP)	Behavioral Health plan
+ Your EAP benefit includes: • 24/7 availability. You can get help at any time of day or night, 7 days a week. • Confidentiality. Your information is kept private and secure. • No extra cost. There is no out-of-pocket cost to you for EAP services. • Family support. You can get help for yourself and your family members. • Digital support tools and resources. You can access helpful resources online.	+ Your Behavioral Health benefits include: • Quality care. You can get help from licensed professionals. • Convenience. You can get help in person or virtually. • Personalized support. You can get help tailored to your needs. • Family support. You can get help for yourself and your family members. • Digital support tools and resources. You can access helpful resources online.
+ EAP provides up to 5 sessions either in person or virtually for each issue or problem at no cost to you. After these visits, additional visits could be covered as a Behavioral Health benefit. + Your benefit renews each year.	+ You can get help for yourself and your family members. + You can get help in person or virtually. + You can get help tailored to your needs.
+ Your employer will not be notified if you utilize EAP services.	+ Behavioral Health services are confidential in accordance with federal and state laws.
+ Contact your EAP services by calling: 888-625-4809	+ Contact your Behavioral Health plan by calling the number on the back of your insurance card.

To learn more about the specific EAP and Behavioral Health benefits available to you, visit liveandworkwell.com. Log in with your HealthSafeID™ or company access code: VEBA