

Employee Assistance Summary of Services



ASSISTANCE
by **bhs**

What is an EAP?

Your Employee Assistance Program (EAP) provides you and your household members with free, confidential assistance 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 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
Spouse/Kids	Marriage/Divorce	Depression/ Anxiety	Stress/ Conflict
Boss/ Co-worker	Birth/Death	Suicidal thoughts	Financial/Legal
Customers	Promotion/ Retirement	Burnout/Anger	Parenting/ Balance
Friends	Health/ Illness	Substance abuse	Daily responsibilities

Program Features:

- Services are available 24-hours a day, 7-days a week via a toll-free number.
- This program is a FREE* benefit provided and paid for by your employer.
- BHS adheres to federal and state privacy laws and holds client information in the strictest of confidence. Information about a client's problem cannot be released without the written permission of that individual.

Contact Your EAP

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

800-327-2251

MyBHS Portal

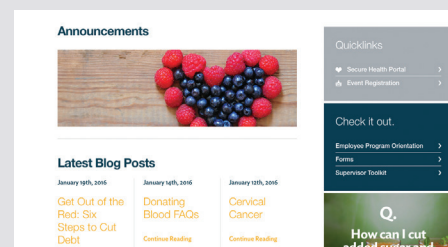
MyBHS Portal contains a variety of resources to help improve your overall wellbeing, including articles, videos, health assessments, quizzes and interactive tools.

You can view program announcements, access Live Chat, read monthly newsletters and tip sheets, register for events, participate in regularly scheduled webcasts and more.

1. Visit portal.BHSONline.com.

2. Enter MyBHS username **Hood** and click the "Login Now" button.

3. Browse through resources including articles, videos, health assessment tools, quizzes and interactive tools.



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