



your eap

An additional benefit provided by your employer through its partnership with Business Health Services.

Your Employee Assistance Program (EAP) provides employees and their household members with free, confidential assistance to help with personal or professional problems that may interfere with work or family responsibilities and obligations. Services are available 24-hours a day, 7-days a week via a toll-free nationwide number. Employees and their household members can receive up to six (6) counseling sessions (which includes assessment, follow-up and referral services) per person, per problem episode, per year. Wellness resources and health tips are also available via the BHS website at www.bhsonline.com

The EAP Session

The EAP counseling process provides an easily accessible, safe and confidential means for identifying problems and resolving them. BHS offers initial assessment, short-term counseling, referral services and follow-up services.

Accessing Services

After calling 800.765.3277, you will be immediately connected to a "Care Coordinator" - a Master's level counselor ready to assist you. The Care Coordinator will assess the problem, assist with any emergencies, and connect you to the appropriate resources. The Care Coordinator then becomes your personal point of contact and will keep in touch to ensure you are satisfied with all services provided.

Problems Addressed

- Stress Management
- Family Problems
- Child Care/Parenting
- Substance Abuse Issues
- Marital/Relational
- Legal/Financial Concerns
- Grief/Loss
- Work-Related Issues
- Communication
- Time Management

Program Cost

The EAP service is a free benefit provided and paid for by your employer. If additional help is needed, the employee's health insurance plan may cover a portion of the costs.

Confidentiality

Your EAP 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.

Online Access

BHS invites you to visit us online at www.bhsonline.com. Enter your user name, "ARMY," to log on.

1.800.765.3277 www.bhsonline.com



BUSINESS HEALTH SERVICES™
Solutions for a Healthier Workplace™