



EAP Can Lighten Your Load

"I see a counselor on a fairly regular basis, just to talk about things ... It's not necessarily crisis oriented, but it's helpful to have someone outside who can give you an objective listening post." —United Methodist clergy person

Too much to do in too little time ... personal or family issues that consume your thoughts ... financial worries that weigh you down ... blurred boundaries between work and personal time. It's no wonder you feel stressed or stretched sometimes.

The Employee Assistance Program (EAP)* can help—with confidential resources available online, over the phone or in person.

Support for a Variety of Needs

As a participant or spouse covered by a HealthFlex active plan, you can use the EAP to address a variety of issues related to work, relationships, family life, finances, time management and personal challenges. This program provides support in several ways: through information available at no cost online or by phone from United Behavioral Health (UBH), and through in-person sessions with local network providers.

Turn to this program for help with:

- conflict resolution at work;
- maintaining boundaries between professional life and personal life;
- marital and family satisfaction;
- financial strain, including household budgeting and paying off educational loans or other debts;
- settling into a new community and finding local resources, such as child care or elder care;
- emotional impact of living with a chronic or serious illness or caring for an ailing family member;
- stress, anxiety or depression; and
- legal matters, such as wills and adoption (one attorney consultation at no cost).



Confidential

Services are completely confidential. Your conference or employer will not be informed if you use these resources.

Eight Free Visits

Participants in active HealthFlex plans are eligible for eight, in-person counseling visits *per concern* at no *out-of-pocket* cost. If more visits are warranted, they will be covered under the plan's standard behavioral health benefit—with low co-payments for in-network providers. Some services are available free by phone or online.

Please note: You must obtain an authorization number from UBH to qualify for in-person benefits. If a new concern arises in the future, repeat the process to obtain eight visits at no out-of-pocket cost.

*The HealthFlex EAP is administered by United Behavioral Health.

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Learn More About EAP Services

Go to www.gbophb.org, click on “HealthFlex/WebMD” and log in with your **username** and **password**. Under the “Benefits” drop-down menu, choose “Live and Work Well.” (You do not need another password to link to this Web site from HealthFlex/WebMD.) Or, call UBH directly at **1-800-788-5614** with any questions.



EAP...1, 2, 3

If you're in a HealthFlex active plan, it's easy to use the EAP.

1

Find a network provider. You can call the HealthFlex EAP toll-free at **1-800-788-5614** for a list of network providers in your area—or search online through the “Live and Work Well” Web site. (See Web instructions above.)

2

Set up an appointment with the provider of your choice. Tell the provider that *your first eight visits are covered 100% by your health plan.*

3

Call the EAP again at **1-800-788-5614** for an authorization number *before going to your appointment.* You must give the authorization number to your provider for appropriate billing.



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