



## Let the EAP Lighten Your Load

“There was a time in my life when I thought seeking help was a sign of weakness. I don’t think that anymore. Anyone can use a little help sometimes.”

—United Methodist clergyperson

Blurred boundaries between work and personal time ... personal or family issues ... financial worries ... feeling stressed and stretched to the limit. Let the Employee Assistance Program (EAP)\* lighten your load—with confidential resources available online, on the phone or in person.

### Support for a Variety of Needs

As a participant or spouse covered by HealthFlex\*\*, you can use the EAP to address a variety of issues related to work, relationships, family life, finances, time management and personal challenges.

Turn to this program for help with:

- maintaining boundaries between professional life and personal life;
- marital and family satisfaction;
- financial pressures, including household budgeting and paying off educational loans or other debts;
- settling into a new community and finding child care and other local resources;
- 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, with Eight Free Visits

Services are completely confidential—your conference or employer will not be informed if you use these resources. Some services are available over the phone or online at no charge. For needs that require an in-person appointment, your first eight visits are *provided at no cost to you* if you follow steps 1, 2 and 3 for authorization (see *EAP... 1, 2, 3*). You’ll pay a standard low co-payment for any additional visits.

\* The HealthFlex EAP is administered by United Behavioral Health and applies to HealthFlex PPO, CDHP (consumer-driven health plan) and HDHP (high-deductible health plan) participants.

\*\* HealthFlex Exchange is part of HealthFlex.



## EAP... 1, 2, 3

If you’re in HealthFlex, 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**” website. (See web instructions below.)
- 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 at **1-800-788-5614** for an authorization number before going to your appointment. *You must give the authorization number to your provider so your visits are billed properly.*

### Learn More About the EAP

Go to [www.wespath.org](http://www.wespath.org), click on “**HealthFlex/WebMD**” and log in with your **username** and **password**. After you log in, choose “**EAP—Live and Work Well**” under the **HealthFlex Vendors** link. Or, call United Behavioral Health directly at **1-800-788-5614** for more details.