

# Employee Assistance Program

The EAP provides services to help people privately resolve problems that may interfere with work, family, and life. Confidential services cover employees and their dependents, living at or away from home, and all household members, related or not. The EAP is provided for FREE (no out-of-pocket cost), as part of your long-term disability (LTD) benefit from Regence Life and Health (RLH).

## Counseling

- **Confidential Counseling** - up to four (4) face-to-face counseling sessions for each new issue, including family, relationships, stress, anxiety, and other common challenges.
- **24-hour Crisis Help** - toll-free access for you or a family member experiencing a crisis.
- **RBH eAccess™** - convenient access to on-line consultations with licensed counselors.



## Life Balance

- **Legal Services** – a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*
- **Will Preparation** – a free, simple kit for member completion, returned for review by a legal professional.
- **Mediation Services** – free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate. A discount of 25% is available if a professional mediator is retained.
- **Financial Services** – free telephone consultations for financial issues such as debt counseling, budgeting, and college or retirement planning. A discount of 25% is available if a CPA is retained.
- **Home Ownership Program** – free support and information about making smarter choices when shopping for a new home; making financing and/or refinancing decisions; relocating; or selling a home.
- **Identity Theft Services** – support in the recovery process for restoring your identity and credit after an incident.
- **Childcare Services** – childcare professionals provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.
- **Adult and Eldercare Services** – adult and eldercare specialists assist in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.
- **Pet Concierge** – participants can request pet packets on topics of pet selection, traveling, first aid, pet-proofing a home, choosing a kennel and veterinarian, along with referral services for groomers, kennels, walkers, sitters and veterinarians.
- **Personal Advantage** – a life balance website with current articles on health conditions, tools for parenting, health topic movies, and other interactive tools including access to more than 50 on-line trainings.
- **Wellness Resources** – MyRBH.com includes wellness assessments, goal setting and tracking, blogs, and fun co-worker challenges. The first time you visit MyRBH, activate your private account using your email address and Access Code (*see Access Code at bottom right of this sheet*). Then choose a private username and password to use whenever you visit MyRBH.