

# EMPLOYEE ASSISTANCE PROGRAMS (EAPs)



Did you know you have access to certain assistance programs through your employer and through Kaiser Permanente at no cost to you?

## BCI Employee Assistance Program

Via Guardian - 24/7 support  
Phone: 800.386.7055  
www.ibhworklife.com  
**User ID:** Matters  
**Password:** wim70101

### Coaching

Three coaching sessions with a coach via phone, video, or chat. Sessions are 30 minutes via phone or video with a licensed coach. These sessions are focused on developing skills to learn how to cope, feel better and manage stress.

### Short Term Counseling

Three in person or virtual short-term counseling sessions per issue. Sessions are 60 minutes with a masters-level or PhD clinician. These sessions are focused on higher mental health needs such as anxiety, grief, or stress.

### Work-Life Services

Resources to help balance work and life responsibilities with family and caregiving, health and wellness, emotional wellbeing, daily living, and employee discounts.

### Online Legal Documents

Online self-service documents. Free 30-minute consultation (part of Legal Consultation offering) can be used for estate planning / will preparation.

### Legal Services

Unlimited support via telephone and free initial 30-minute consultation with an attorney, with a 25% discount on attorney services thereafter. Access to online legal forms, an extensive law library, and identify theft resources.

### Financial Services

Unlimited support via telephone for financial problems and planning needs. Talk to a confidential Money Coach through a 30-minute no cost telephone appointment. Thirty days of access with a personal money coach. Access to an online financial library and calculator.

### Resources

Access newsletters, resource flyers, webinars, articles, training and more.

### COVID-19 Resources

Online support and resources for COVID-19 related challenges.

## AUS Employee Assistance Program

Via Life Balance - 24/7 support  
Phone: 800-854-1446  
www.lifebalance.net  
The **ID** and **password** for the website access is: lifebalance.

- Completely confidential and voluntary provides one-on-one counseling services
- Does not report individual usage back to the AUS and all communications between the Employee and the EAP counselor are maintained strictly between them.
- Also available to employees' eligible dependents and is available for family/marriage issues, financial problems, drug/alcohol dependency, or other personal struggles that an employee may encounter from time to time.
- There is no limit to the number of times an Employee may use the EAP.

### Counseling

Three counseling/therapy sessions that can be done over the phone per member of the household. These sessions can be used for anxiety, cabin fever, depression, etc. This is a helpful tool as employees navigate uncertain circumstances.

### Financial consultation

30 minutes with a certified financial planner over the phone. This may be helpful for those budgeting their resources, or for those who are taking the downtime to assess their financial status and plan for the future.

### Self-care recommendations:

- Life Assistance Program
- Supporting a Coworker after a Critical Incident
- Witnessing a Traumatic Event
- After a Traumatic Event - Stress Reactions and Self-Care

## Kaiser Permanente Employee Assistance Program

- Via SEPYR Employee Assistance Program
  - Phone: 888-678-0937
  - www.kp.org/eap
- Via Kaiser Permanente Membership (if you use KP as your Health Insurance)
  - myStrength App: Self-care in one place, includes content that addresses the coronavirus and points members to specific tools within the platform.
  - www.kp.org/selfcareapps
  - Wellness Coaching: Pairs members with a professional who can collaborate on things like meal planning, stress management and staying on top of your life priorities.
  - Phone: 866-862-4295

Visit [www.bci-toolkit.com/care](http://www.bci-toolkit.com/care) to learn more.