

What's  
New?

## NEW & EXPANDED Employee Assistance Program for 2023

Effective January 1, 2023, **Business Health Trust** will offer a new and more robust Employee Assistance Program (EAP) benefit. Your benefit includes **4 sessions per year at NO COST** which can be used for issues relating to marriage/family, stress, financial/legal, child/adolescent, eldercare and more.

**Eligibility:** All employees and dependents.

### Your Benefit:

The BHT Employee Assistance Program (EAP) is a professional service providing assessment through Behavioral Health Services. It provides short-term counseling and referral to appropriate treatment providers or programs when needed.

- 4 Visits
- There are never any claims to file and EAP visits are covered at 100%.
- Your use of the EAP is completely confidential.
- In addition to referral for assessment, counseling, or medication management, your Care Coordinator can assist you in determining the appropriateness and availability of community resources (such as support groups) that might be beneficial).

**Telehealth** options are available for individuals who desire flexibility when using their benefits by contacting your Care Coordinator. Members can speak with a provider via computer, smartphones and tablets at their convenience.

## Your EAP can help with the following issues:

- Stress Management
- Personal Relationships
- Marital/Family Issues
- Parent-Child Conflict
- Grief & Loss
- Coping After a Tragedy
- Depression & Anxiety
- Work-Related Problems
- Alcohol & Drug Abuse
- ADD/ADHD
- Life Transition
- Eating Disorders
- Financial/Legal

## Access Your Benefits

### CALL TO USE YOUR BENEFITS

Call Behavioral Health Services at 800-245-1150.

Your designated Care Coordinator will speak with you about your benefits and assist you with a referral. If you are currently in treatment, contact Behavioral Health Services for more information, visit the Behavioral Health Services website: [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com).

### ACCESS THE PORTAL

The EAP plan includes access to a full service portal at [www.behavioralhealthsystems.com](http://www.behavioralhealthsystems.com) (Password: BHT).