

The EAP Issue

This issue is dedicated to helping you get the most out of your **E**mployee **A**ssistance **P**rogram benefit. This information and much more can be found by logging onto your Partners For Health EAP website: www.Here4TN.com (no login required)



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Weakley County

B.E.A.T.

Bringing Employees Answers Today



A Re-Introduction to Your ParTNers For Health Employee Assistance Program

The more important things in life are easy to name: family, health, and happiness are a few of them. In these fast paced times, we are often asked to do more in less time, and with less help. Staying balanced is a challenge, and creating time for the important things in life can be even more difficult.

It is important for employees with county health insurance to know that there is a program in place that can help solve everyday problems, 100% confidentially, 24 hours a day, seven days a week, at no cost to employees or eligible family members.

From online information to confidential consultations with licensed behavioral health professionals, you and your eligible family members have access to a wealth of practical, solution-focused resources to help you reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

ParTNers for Health EAP can help with:

- Changes in financial situation
- Family or relationship problems
- Overwork or conflicts at work
- Financial planning & help writing a will
- Feeling depressed or anxious
- Quitting tobacco, alcohol/drug use
- Caring for children or aging parents

The assistance EAP provides includes:

- Up to 5 counseling sessions **per problem-at no cost** to you or eligible family members
- Workplace support
- Legal and financial consultation services
- Website & telephone assistance

Read on to get in-depth with what these services include and learn more about your EAP benefit.

Your EAP and You: Understanding What Your Employee Assistance Program Has to Offer

The EAP (Employee Assistance Program) is a 100% confidential counseling and referral service that can help you and your family successfully deal with life's challenges. ParTNers for Health teamed up with Magellan Health Services to provide the EAP services, and they are available to you at no cost. Every employee with county health group insurance is eligible to receive these services.

Next, we will detail different aspects of the EAP and what it involves.

• Areas of Coverage

The EAP can help with things like stress, anxiety, depression, family and relationship problems, job or work stress, parenting, alcohol and drugs, legal issues, and financial concerns and dependent care issues.

• Ways to Get Help

Getting help is easier than ever.

-By Phone: The easiest and most convenient way to get assistance quickly, call 1.855.Here4TN (855.437.3486) 24/7 to get consultation and solutions to everyday problems as well as help in a crisis. You will get access to resources or a referral to a professional in your community.

-Online: Visit www.Here4TN.com

to locate counselors in your area. Find targeted information and resources that address your everyday concerns as well as more serious issues. Interactive tools help you discover ways to live a healthy lifestyle.

- Live Chat: This helpful tool provides real-time consultation, info and support on providers, health care delivery resources, claims and other questions. For live chat, just visit www.Here4TN.com, enter the site, and click "Chat With Us" on the toolbar.

• Counseling Services

You have up to five counseling sessions per problem available to you at no cost. For example, if you feel you are needing some financial advice and call the EAP for assistance, you will get 5 counseling sessions for that problem. If during that time, or anytime, you call the EAP for ideas about how to manage your stress levels, you will receive 5 sessions for that problem, as well.

• Confidentiality is Your Right

Magellan works hard to protect your privacy and will only release private information with written consent except in certain limited circumstances.



Digging Deeper: A Guide to Getting the Most Out of Your EAP

There is so much included in your Employee Assistance Program, it's not possible to include it all in this newsletter. Here are some hidden gems and new benefits included in your EAP.

• Behavioral Health Benefits

First, call Magellan Health Services at 855.437.3486. They will help you from there. Your Behavioral Health-care Benefits includes inpatient care, intensive outpatient programs, detoxification and substance abuse treatment, psychiatrist evaluation and more.

• EAP Self Referral

If you know that you need help, get it in a few simple steps by locating an EAP provider, at no cost, convenient to your home or work. At the end, you will get a confirmation and then you can call the provider to make an appointment. Do it yourself online at www.here4tn.com. (Enter the site, and click on "Self Referral" under the **Benefits** menu.)

• Legal & Financial Consultation

Your program provides legal and financial consultation services to you and your family. Your legal and financial benefits can help with numerous types of issues. Just call 855.437.3486 for assistance.

You can talk with an attorney to discuss your legal concerns. You may choose to have a phone or in-person consultation with a local attorney. Either way, the initial session is provided at no cost to you. (Your EAP

covers only one free initial in-person consultation **per separate subject** per year.) Visits or calls are completed within 60 minutes. After hour services are available for emergencies.

Your EAP also offers discounts on attorneys retained through the EAP, and a variety of support services for Identity Theft Benefits. Get all of the details about what's included on the website: www.here4tn.com, enter the site, and click on "Legal & Financial Consultation" under the **Benefits** menu.



Let your EAP do the leg-work for you.

• Work-Life Services

Whether you have young children, teenagers, elderly relatives, or dependents with special needs, you may have challenges balancing your work and personal life. Your Work-Life services are ready to help. We do the legwork for you to find child or elder care resources, locating summer camps or college information, to utilizing pre-negotiated discounts on over 3,500,000 products and services, your Work-Life services are

here for you.

Here's a glimpse of what Work-Life Services your EAP offers:

- **Member Discount Center** with pre-negotiated work-life related discounts and extreme deals
- **Thousands of resources** including online articles, published guides, interactive webinars, podcasts and more
- **Advanced search features** to locate helpful information on community resources
- **Telephonic access** to work-life specialists who have education, background and experience in specialty areas providing you with latest knowledge and resource
- **Personalized referrals** with confirmed openings that meet your unique needs.

Get help with issues like child care & parenting, pregnancy & adoption, adult care & aging, education, daily life issues, and even relocation services.

Remember that these services are available to you and your eligible dependents at no cost to you. However, you will have to pay for any services you select, such as day care, etc.

Once again, get this help 24/7 by calling **855.437.3486**, or visit www.here4tn.com, enter the site, and click on "Work-Life Services" under the **Benefits** menu. Feel free also to call the Finance Office with questions: 731.364.5429.

Implore to Explore - Discover Discounts and Save Your \$\$\$

Did you know that because you have an Employee Assistance Program, you have access to discounts for travel, electronics, dining, shopping, family care, wellness, groceries and so much more? This is just the beginning of the benefits available to you right now at LifeMart on the website, www.here4tn.com. (To access, click on Benefits on the top toolbar, then on EAP benefits, and then on "LifeMart Discount Center".

Here are just a few LifeMart discounts:

- Printable coupons for items you buy everyday
- Save up to \$40 at Advance Auto Parts
- Up to \$100 rebate from Hotels.com
- Save 15% at Kohls, and 10% at K-Mart

And don't forget to check out their "Free Deals":

- Free trial of Netflix
- Free Apple FitBit App
- Free Trial-South Beach Diet
- Free insurance quotes
- Free ADT Security System (just pay installation)

This is only a few of many discounts you can find at LifeMart - there is so much more available! Save on travel, electronics, groceries, dining, and much more.

We urge you to explore the website and find what you can use to maximize your benefits.

Always remember that the Finance Office is here to answer questions, help you navigate the website, or get you information about your EAP.

Just call us: 731.364.5429.