

# Employee Assistance Program

## July 1, 2008 - June 30, 2009

Information provided is in summary format. Any difference between the summary provided and actual contract will be settled in favor of the contract.

<b>What is it?</b>	<b>The Employee Assistance Program (EAP) provides short-term, confidential counseling for you and your family at no out-of-pocket expense to you. Reliant Behavioral Health (RBH), a care management company, provides the counseling services in collaboration with your employer or health insurer.</b>
<b>When should I use it?</b>	<b>At times, we can all use help with a personal problem or issue that is interfering with our life or work. Most people experience personal or family challenges in the course of their lives. Seeking help early minimizes the chances of problems escalating and requiring more extensive and expensive services. Often a few visits with a therapist are all that are needed to gain perspective on a problem and regain a sense of control in one's life.</b>
<b>What does it cost?</b>	<b>Charges for the Employee Assistance Program have been pre-paid for up to eight counseling sessions by your employer. While there are no co-payments or fees for the EAP, your employee assistance professional may refer you to additional resources for help. Their charges, if any, would be your responsibility, so you may want to check your health insurance benefits.</b>
<b>Is it confidential?</b>	<b>Yes, all discussions between you and the EAP therapist are confidential. Personal information is never shared with anyone, including your employer, at any time without your direct knowledge and approval.</b>
<b>How do I contact the EAP?</b>	<b>Call toll-free: 866-750-1327</b>
<b>Can I contact them online?</b>	<b>The website is <a href="http://www.reliantbh.com">http://www.reliantbh.com</a>. We encourage you visit this site to learn more about the services offered by RBH.</b>