



Wespath

BENEFITS | INVESTMENTS

Let the EAP Lighten Your Load

“There was a time in my life when I thought seeking help was a sign of weakness. I don’t think that anymore. Anyone can use a little help sometimes.”

—United Methodist clergyperson

Blurred boundaries between work and personal time ... personal or family issues ... financial worries ... feeling stressed and stretched to the limit. Let the Employee Assistance Program (EAP)* lighten your load—with confidential resources available online, on the phone or in person.

Support for a Variety of Needs

Participants covered by HealthFlex—as well as participants’ family and household members, including those not covered by HealthFlex—can use the EAP to address a variety of issues related to work, relationships, family life, finances, time management and personal challenges.

Turn to this program for help with:

- maintaining boundaries between professional life and personal life;
- marital and family satisfaction;
- financial pressures, including household budgeting and paying off educational loans or other debts (one 60-minute phone consultation at no cost);
- settling into a new community and finding child care and other local resources;
- living with a chronic or serious illness or caring for an ailing family member;
- stress, anxiety or depression; and
- legal matters, such as wills and adoption (one 30-minute attorney consultation over the phone or in person at no cost; 25% discount for additional consultations with the same attorney).

Confidential, with Eight Free Visits

Services are completely confidential—your conference or employer will not be informed if you use these resources. Some services are available over the phone or online at no charge. For in-person or telehealth appointments, your first eight visits are *provided at no cost to you* if you follow steps 1 and 2 for authorization (see EAP: Two Simple Steps). Any additional visits will be covered according to your HealthFlex plan’s behavioral health office visit benefit.

* The HealthFlex EAP is administered by Optum and is included with all HealthFlex plans.



EAP: Two simple steps

If you’re in HealthFlex, it’s easy to use the EAP.

1 Call the dedicated HealthFlex EAP team toll-free at **1-866-881-6800** to find a network provider and access an authorization number that you will need before your appointment. You must give the authorization number to your provider so your visits are billed properly.

2 Set up an appointment with the network provider of your choice. Give the provider your authorization code so the first eight visits are covered 100% by the EAP.

Learn More About the EAP

Log into the Virgin Pulse® website, virginpulse.com/login, or app. Click the “Benefits” tab and search for EAP. Then click “Start Now.” Primary participants also can access the EAP via Benefits Access. Log in at BenefitsAccess.org, select the “Well-Being” tab and then click “EAP.”