



Blue Cross
Blue Shield
Blue Care Network
of Michigan

Blue Cross Employee Assistance ProgramSM



Support for your well-being

Blue Cross Blue Shield of Michigan and Blue Care Network now offer the **Blue Cross Employee Assistance ProgramSM** for help when you feel stressed, overwhelmed or need professional guidance. **This program is free, confidential** and available to you and everyone in your household.*

With a single phone number, you'll reach a specialist 24/7 who'll personally guide you to the type of service and resources that best meet your needs.** Blue Cross EAP can also be accessed online.

Counseling and coaching

Receive support for managing anxiety, depression, relationships and other concerns. This includes:



- In-person and virtual counseling
- Virtual coaching
- 24/7 crisis consultation support
- Self-care tools with access to a 24/7 on-demand therapy program
- Family support services for parenting and eldercare

Most people are able to resolve their concerns through EAP counseling.

When you'd like counseling, you can start with Blue Cross EAP. The counselors are Blue Cross network providers, which allows you to continue with the same provider using your behavioral health benefit, should extended care be needed.

Financial consultation and coaching

- **Financial resources** — consultation with a money coach for information on investing, debt or retirement planning
- **Identity theft and fraud** — consultation with a fraud resolution specialist for information on preventing theft and fraud and restoring your identity and credit

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Legal and mediation

- **Legal resources** — phone or in-person attorney consultation
- **Mediation services** — help resolving disputes

Plus, if you're a human resources, leadership or occupational health professional, you have access to management consultations to support your workplace and employee concerns.



The support you need when you need it.

Visit bcbsmhelp.com/
or call

All conversations are confidential and Blue Cross EAP won't share your personal records with your employer or anyone else without your permission.



* This program is provided by your employer at no cost to you.

** Outside of the United States, services may differ or may not be available. Limits may apply to certain services.

Participation in Blue Cross EAP is voluntary and does not affect your benefits.

This program should not be used for emergency or urgent care needs. This program is not a substitute for a doctor's or professional's care. In an emergency, call 911 or go to your nearest emergency room.

Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Blue Cross Blue Shield or its affiliates, or any entity from which the caller is receiving these services directly (for example, employer).

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.