

Help is just a phone call away.
The sooner you call, the sooner
you can get back on track.
We're here for you, 24/7.

Toll free: **1-800-432-5155**

Hearing impaired: **1-800-627-3529**

Or, visit bluecrossmn.com/eap

- Mobile-accessible
- Available in English and Spanish
- Library of articles featuring health and life issues
- Connect with community services you need



Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.



WHEN LIFE
GETS TRYING,
WE CAN HELP

Employee Assistance Program

YOU DON'T HAVE TO DO IT ALONE.

Everyone faces challenges in life from time to time. Experienced Employee Assistance Program (EAP) counselors will listen to your concerns and help you explore your options.

No problem is too big or small.

WHEN YOU FEEL GOOD, YOU DO MORE

No matter what kind of difficulty you face, you've got a place to start with EAP. When you call EAP, you and any member of your household can speak confidentially with a master's-degreed EAP counselor who can assess your situation and help you take the next steps.

EAP provides support for all of life's issues, including:

- Financial matters
- Marriage and relationship problems
- Work-related issues
- Substance abuse
- Legal concerns
- Stress
- Mental health
- Child care and elder care services



WE'RE HERE
FOR YOU

Available by phone or online, 24/7

Problems occur both day and night. No matter when you need assistance, you have 24/7, 365 day access to counselors and resources by calling the toll-free number or visiting bluecrossmn.com/eap. The mobile-accessible website provides articles, videos and other web resources in English and Spanish to assist you with your issue, such as:

- Educational materials regarding behavioral health issues such as depression, anxiety, money as well as legal concerns, stress and relationship issues
- More than 6,000 articles on 200 different topics
- Connections with community services near you
- Quizzes and calculators

NO ADDITIONAL COST TO YOU*

The EAP is an added benefit of your health plan to ensure you have the support you need when you need it. Counselors can offer additional assistance by referring you to another resource such as a community agency, support group or professional counselor.

If you do see someone outside of the EAP, you may be responsible for the cost of services you receive.

*Cost is included with the health plan premium paid by you or your employer.