

Employee Assistance Program

FOR SELF-FUNDED GROUPS

Our comprehensive Employee Assistance Program (EAP), powered by ComPsych GuidanceResources, provides value at the individual and organizational levels. The EAP offers a robust set of wellness, mental health, organizational support, and resiliency services that support your employees and your bottom line. The EAP services are available for your employees, their dependents, and household family members. EAP services are independent from your health plan.

GuidanceResources workplace outcomes¹

20%

Improvement in life satisfaction

33%

Reduction in absenteeism

13%

Reduction in workplace distress

Three key services

Help employees and their families lead healthier and more productive lives while driving organizational excellence.

1

Mental health and wellbeing

Confidential counseling sessions

Available in person or virtually—up to six sessions per issue, per individual. Need more flexibility? Plans can offer three or eight sessions per issue, per individual.

24/7 crisis line

Unlimited, dedicated toll-free access to counseling and crisis intervention.

Unlimited wellbeing coaching

One-on-one wellbeing coaching with certified coaches for lower acuity socio-emotional issues.

Digital tools and resources

Through the award-winning GuidanceResources online portal including computerized cognitive behavioral therapy.

¹ComPsych book of business results, before and after service using the Workplace Outcome Suite inventory.

2

Work-life services

LegalConnect

Unlimited no-cost attorney consults and discounted referrals.

FinancialConnect

Unlimited consults for financial issues with certified public accountants and certified financial planners.

FamilySource

Unlimited assistance and research for childcare, adoption, education, elder care, pet care, relocation, and more.

WellthSource

Personalized online will preparation and financial planning.

EstateGuidance

Online will and estate planning.

IDResources

Unlimited access for assistance in navigating the identity theft restoration process.

3

Organizational resiliency*

Critical Incident Stress Management (CISM)

Expert-led group sessions for employees affected by a critical or traumatic event.

Learning programs

Choose from hundreds of expert-designed and led curriculum.

Expert management consultation

Tools for human resource managers, including formal referral assistance management, and consultation.

*Each plan year, your organization receives **1 hour of support per 250 covered employees** at no additional cost. These hours can be used for: Critical Incident Stress Management (CISM) support, orientation sessions, personal development and management training workshops, wellness sessions, and health fair participation. Once the included hours are fully used, services in this category are available at a rate of **\$275 per hour**, billed as utilized.

Contact your **Premera account representative** for more information.