



# BENEFITS INSIGHT

## Baltimore-Washington Conference

HR AND BENEFITS INSIGHT FROM THE BALTIMORE-WASHINGTON CONFERENCE

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Volume 5, Issue 1

April 2018

### EAP SERVICES:

- ACTIVE LIFESTYLE
- CAREER & WORKPLACE
- CAREGIVING
- MILITARY & VETERANS
- PARENTING
- PETS
- RELATIONSHIPS
- SCHOOL & EDUCATION
- WELL-BEING
- MENTAL HEALTH
- PHYSICAL HEALTH
- RECOVERY & RESILIENCY
- SUBSTANCE USE/ ADDICTION
- BUDGETING
- CREDIT & DEBT
- ESTATE PLANNING
- FINANCIAL FITNESS
- ID THEFT
- INSURANCE
- LEGAL ASSISTANCE
- SAVING & INVESTING
- RETIREMENT PLANNING
- ABUSE
- DISASTER PLANNING & RECOVERY
- FINANCIAL RELIEF
- HELPING A LOVED ONE WITH A MENTAL HEALTH CRISIS
- HOSPITALIZATION
- HOUSEING
- SUICIDE PREVENTION

AND MORE ...

### Your well-being is what matters most

USE THE EMPLOYEE ASSISTANCE PROGRAM (EAP) TO ADDRESS A VARIETY OF ISSUES RELATED TO WORK

The challenges you face each day can lead to stressful feelings. At times, such feelings may overwhelm you. Your home life, your happiness and your performance at work all can suffer. We can help. Your Employee Assistance Program (EAP) and Behavioral Health Benefit is designed to provide confidential support for those everyday challenges or more serious problems, and it's available around the clock – anytime you need it.



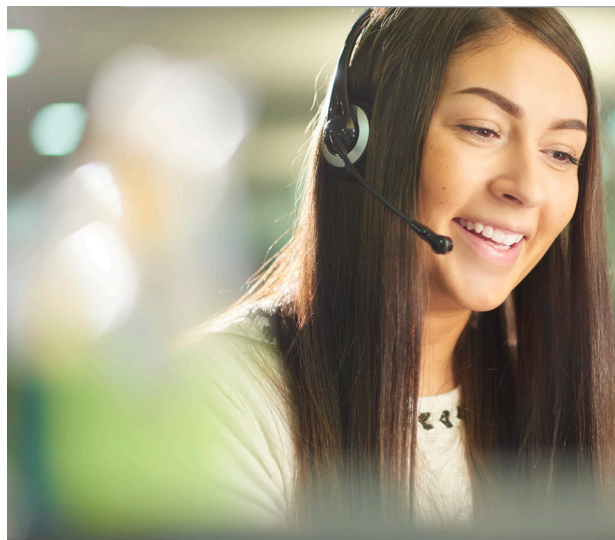
There was a time in my life when I thought seeking help was a sign of weakness. I don't think that anymore. Anyone can use a little help sometimes.

– United Methodist clergyperson



### Take Action:

1. Log in to your HealthFlex/WebMD page, click HealthFlex Partners, click EAP.
2. Call 800-788-5614 for assistance choosing a provider/clinician and to get an authorization.
3. Visit [www.liveandworkwell.com](http://www.liveandworkwell.com). Access code: HealthFlex



### Work-life services help in times of need

WHAT CAN MY EAP AND BEHAVIORAL HEALTH BENEFIT DO FOR ME?

YOU MAY BE struggling with stress at work, seeking financial or legal advice, or coping with the death of a loved one. Maybe you just want to strengthen your relationships with your family. Your EAP and Behavioral Health Benefit offers assistance and support for all these concerns and more: depression, stress and anxiety, parenting and family problems, relationship difficulties, substance abuse and recovery, dealing with domestic violence, eating disorders, balancing work and life issues. From short-term counseling services and referrals to more extended care, your benefit offers just what you need. To find out more, give us a call at 800-788-5614, or visit [www.liveandworkwell.com](http://www.liveandworkwell.com).

From listening to your child talk about being bullied to witnessing a traumatic event, secondhand-stress can affect you, too. If you're finding it hard to stay positive when tough things happen to others, your EAP offers confidential support for managing:



- Anxiety and depression
- Parenting and family issues
- Relationship problems
- Workplace changes
- Living with chronic conditions
- Substance abuse
- Child and eldercare support

## CAN I ACCESS SERVICES ONLINE?

Yes. **Liveandworkwell.com** is an interactive Web site that provides access to your benefits and tools to help you enhance your work, health and life.

You can:

- Check your benefits information and submit online requests for services.
- Search our online directory of clinicians.
- Access information and resources for hundreds of everyday work and life issues in one of our many virtual help centers.
- Participate in interactive, customizable self-improvement programs.
- Access financial calculators, legal articles and other tools.
- Search our databases for childcare, nursing homes and other local resources.

Any member of your household may access these online services, including dependents living away from home.

## How much will this benefit cost?

Some services are available over the phone or online at no charge. This includes referrals, seeing in-network clinicians, access to **liveandworkwell.com**, and initial consultations with mediators or financial and legal experts. Want to retain a lawyer after your consultation? You'll get a 25 percent discount. For needs that require an in-person appointment, *your first eight visits are provided at no cost to you.*



## What is a clinician?

A clinician may be a psychologist, psychiatrist or master's-level specialist trained in social work, nursing, professional counseling or family and marriage therapy.

## Are services Confidential?

Yes, all records are kept confidential in accordance with federal and state laws. We never share your personal records with your conference, employer or anyone else without your permission. Your conference or employer will not be informed if you use these resources.



# Employee Assistance Program: A testimonial

BY: REV. CARY JAMES JR.

SHARP STREET MEMORIAL UMC

ONE OF MY favorites mandates for holistic health is John 10:10: “I came that you might have life, and life more abundantly.” Jesus not only practiced holistic health, but He shared health through healing others emotionally, financially, physically, socially and spiritually. Each dimension of well-being impacts our ability to thrive and our vitality in mission and ministry. The well-being of those who serve the Church also affects the whole United Methodist connection — family, congregation, community and the broader Church itself.

When my father transitioned from life to eternal life, I contacted an EAP Counselor for telephonic grief counseling. The program offered six counseling sessions to me for free. My EAP Counselor, who had a Master’s in Counseling, helped me work through the stages of grief before they negatively affected my well-being. Short-term counseling was all the help that I needed, but my EAP Counselor said that she would seek the best resources outside the EAP if I needed a referral. My EAP Counselor helped me understand why I was having a difficult time with the loss of my father and explored helpful ways for me to cope with the loss. My EAP Counselor kept assuring me that EAP and issues discussed in all sessions are held in strict confidence.

Do you or someone in your household have an immediate concern about a work, personal or financial issue that is affecting your well-being? If you need a bit of assistance like I do, then you should contact a specialist at the Employee Assistance Program (EAP) at 1-800-788-5614. Their carefully selected specialists are on-hand 24 hours a day, 7 days a week to lend a bit of support in numerous areas. All conversations and correspondence are kept confidential!

The Employee Assistance Program can help with many of life’s challenges such as family issues, marital concerns, alcohol and drug abuse, anxiety, depression, major life events, grief, work concerns and managing the stress of everyday life.

The services that I have received from the Employee Assistance Program have increased my well-being. I highly recommend that you contact an EAP specialist at 1-800-788-5614, today.



Peace & Blessings,  
Rev. Cary James, Jr.

Senior Pastor

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