

BALDWIN COUNTY, AL

Dear Employee:

Effective January 1, 2020, Baldwin County, AL has adopted a new Employee Assistance Program (EAP) benefit. The EAP, which provides confidential assessment, referral and short-term counseling, will cover five (5) free visits per year. The BHS EAP benefits are available to all employees and their dependents. These services will be offered through Behavioral Health Systems, Inc. (BHS), a vendor specializing in behavioral healthcare and EAP benefits. The EAP will allow you to receive assistance in the areas of:

- Marital & Family
- Stress
- Depression
- Grief/Loss
- ADHD
- Legal & Financial
- Substance Abuse
- Work-Life Balance

All EAP benefits shall be provided through BHS, separate and in addition, to your medical plan. These benefits are automatically available to all employees and dependents.

Highlights of the new EAP are:

- 24-hour information and referral line
- Dedicated Masters-level BHS Care Coordinator assigned to Baldwin County, AL
- Simplified access – one toll free number
- Website for information and access to benefits
- Exclusive nationwide network of 25,000+ providers
- Access to a full range of mental health professionals (LPC, LCSW, PhD)
- All services should be pre-certified and approved through BHS. You should call BHS first to arrange for an initial face-to-face assessment prior to treatment being rendered

You may contact BHS by calling **1-800-245-1150**. We will be ready to assist you should you have any questions regarding the new plan.

Thank you.

Behavioral Health Systems

One plan.
One network.
One call.

1-800-245-1150
(available 24/7/365)

Baldwin County

Employee Assistance Program Summary

BHS Exclusive Provider Network
BHS Precertification/Medical Necessity Approval Required
Free and Confidential Services for All Employees and Dependents

Employee Assistance Program

- All employees and dependents may receive up to five (5) visits/consults at no charge each year when BHS PPO Network is Used
- Coverage for all In-Network Qualified/Licensed Professionals
- May be used for Legal and Financial Consultation, Elder Care Guidance, as well as Assessment and Counseling for other Individual and Family Issues

Advantages

- Access to the BHS National Provider Network
- Coverage for Psychologists and Master's-Level Counselors
- Routine Appointments Scheduled Within 3 Days
- Face-to-Face Assessment on Every Case
- 24 Hours a Day, 7 Days a Week Access

How do I Access the Program

Call BHS at 800-245-1150
Your BHS Care Coordinator Will Assist You
Visit the Website for Additional Resources
www.behavioralhealthsystems.com



BEHAVIORAL HEALTH SYSTEMS

Toll Free: 800-245-1150
24 hours a day * 7 days a week emergency access
www.behavioralhealthsystems.com



THE EAP

An Employee Assistance Program (EAP) is a professional service providing assessment, short-term counseling and referral to appropriate treatment providers or programs when needed. It is a company benefit, provided by your employer at no cost to you.

WHY USE THE EAP?

People use the EAP for a variety of reasons. The following are examples of situations where accessing EAP benefits may be helpful:

- You are preoccupied with a problem
- You know something is wrong, but you can't seem to identify the nature of the problem
- You are having physical, ongoing signs of stress like headaches, upset stomach, insomnia, etc.
- You need an objective point of view about a problem
- You've tried various solutions, and none seem to work
- The situation is affecting your work and/or your personal relationships
- experiencing a major life transition.

TO ACCESS YOUR BENEFITS

call BHS at 800-245-1150. Your designated Care Coordinator will speak with you about your company's benefits. You may also visit www.behavioralhealthsystems.com for more information.

Your EAP can help with the following issues:

- Stress & Depression
- Personal Relationships
- Marital/Family
- Parent-Child Conflict
- Grief & Loss
- Coping after a Tragedy
- Work-Related Problems
- Alcohol & Drug Abuse
- ADD/ADHD
- Childcare
- Life Transition
- Eating Disorders

YOUR BENEFIT

There are never any claims to file and EAP visits are covered at 100%. Your use of the EAP is completely confidential. In addition to referral for assessment, counseling or medication management, your BHS Care Coordinator can assist you in determining the appropriateness and availability of community resources, such as support groups, that may be beneficial.