

EAP and Work-Life Services

An Overview for Employees

Life presents us with challenges at work and at home on a daily basis. You do not have to face these challenges alone, even if you're far away.



Access the EAP
866-750-1327

The EAP Can Help with Almost Any Issue

EAP benefits are available to all employees and their families at NO COST to you. Help is just a phone call away. The EAP offers confidential advice, support, and practical solutions to real-life issues. You can access these confidential services by calling the toll-free number and speaking with a consultant.

EAP Services for Employees and Families

- ▶ **24-hour Crisis Help:** toll-free access for you or a family member experiencing a crisis.
- ▶ **In-person Counseling:** up to 5 face-to-face, video or phone counseling sessions for relationship and family issues, stress, anxiety and other challenges.
- ▶ **RBH eAccess:** convenient access to online consultations with licensed counselors.

Online Resources at ibhsolutions.com

- ▶ **ibhsolutions.com:** the EAP includes access to online tools and educational resources to help make life easier.

Webinars	Current health news
Monthly newsletters	Stress tools
Wellness resources	Financial calculators
Assessments	Legal resources
Self-directed courses	Child/elder care locators

- ▶ **EAP App:** the app provides EAP contact information and quick links to online resources. Available for both Android and Apple devices. Download for free at the app stores by searching for **RBH Mobile**.
- ▶ **Lunch & Learn Webinars:** free monthly supervisor and employee webinars are followed by a live Q + A.



Access Counseling and Benefit Information

CALL 866-750-1327

WEBSITE ibhsolutions.com

- Select **Members** from the top right corner
- Click on the **RBH logo**
- Enter your **Access Code: OHWBT**
- Click the **My Benefits** button

Work-Life Services

Balancing Life at Work and Home

Your EAP provides a wide range of work-life balance services to help you survive a variety of challenges.

- ▶ **Health Coaching:** available to support positive changes such as losing weight, exercising more, reducing stress, and improving life in other ways; coaching is free, private, and available by email or phone.
- ▶ **Legal Services:** access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.
- ▶ **Financial Help:** 30 consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.
- ▶ **Mediation Services:** request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.
- ▶ **Online Legal Forms:** create, save, print, and revise online legal forms including wills, contracts, leases, and many more.
- ▶ **Home Ownership Program:** get free support and information about making smarter choices when shopping for a new home, making financing decisions, relocating, or selling a home.
- ▶ **Identity Theft Services:** access support in planning the recovery process or restoring your identity and credit after an incident.
- ▶ **College Planning Program:** access a free 15-minute consultation with a college planning specialist to assist with SAT/ACT prep, scholarships, grants, financial aid and other college related issues followed by a 30% discount in program fees.



EAP Services + Support for Supervisors

Managing people can be challenging. All supervisors have fast access to phone consultations, trainings about the EAP and management topics such as:

- | | |
|---------------------------|----------------------------|
| Critical incidents | Organizational development |
| Drug-free workplace | Education and training |
| Making employee referrals | Conflicts in the workplace |

To Access EAP Services Call: 866-750-1327

Access Online Work-Life Balance

WEBSITE ibhsolutions.com

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