



# Balance

## Support when you need it

When you're juggling work demands and your personal life, finding the right balance can be challenging. Sometimes you can use a hand. That's what your Employee Assistance Program (EAP) is for.

### **Confidential assistance at no cost**

Need child care? Financial or legal advice? Counseling for troubling personal concerns? We've got you covered. Your EAP is full of confidential resources — and it's all available to you at no additional cost. Not even a copay.

### **Local resources**

Don't have a personal assistant to help you with life outside of work? Neither do most people. Your EAP can step in and identify local resources you're looking for — everything from attorneys and financial professionals to child and elder care facilities.

### **Caring guidance**

Speaking with a caring, experienced counselor about problems you're having can help resolve them in a safe, healthy manner. Your EAP offers you and your covered family members:

- Multilingual, 24/7, worldwide support
- Referrals to local counselors who can see you in person (depending on your plan and your location) at a later scheduled date
- Referrals to support groups and other behavioral health resources near you

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## Some concerns you might request counseling for include:

- Improving family communication
- Striving for harmony between work and home life
- Coping with life changes
- Managing stress
- Surviving the loss of a loved one
- Living with anxiety or depression
- Addressing substance use or abuse
- Handling bullying and harassment
- Managing workplace pressures
- Navigating couples challenges
- Tackling parenting concerns
- Caring for an older person

## Privacy respected

No matter what help you're seeking, these services are completely confidential. Discretionary information you provide is not shared with your employer.

## Easy access

To reach out for EAP assistance, call Member Services using the phone number located on the back of your Member ID card.

## Self-help resources through myStrength™

You're also empowered to boost your emotional health using the myStrength website and mobile app. These confidential, clinically proven self-help resources offer:

- Insight through articles, videos and eLearning programs
- Inspirational quotes
- Mood tracking
- Check-in reminder option

To get started, register online for your free account at [bh.mystrength.com/naexpats](http://bh.mystrength.com/naexpats). You can also download the myStrength app by:

1. Searching for **"myStrength"** in the iTunes or Google Play store
2. Selecting **"Sign up"**
3. Entering naexpats under the **"Payer Code"** field

For more information on EAP and myStrength, give us a call at the number on the back of your Member ID card.

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