

Insurance done differently.



BHT is your partner in the total health of your employees and business.

Healthy employees are the foundation of a healthy business. Studies have shown that healthier workers are more productive and safer on the job. Encourage your employees to put their health first—and see productivity and workplace satisfaction rise.

How to use your BHT benefits to boost employee health & performance:



Source: <https://hbr.org/2021/10/its-a-new-era-for-mental-health-at-work>

Contact Us

Visit www.businesshealthtrust.com/memberhub or contact Jenn Evans, Director of Membership Benefits at **425.247.1628** to learn how you and your employees can take FULL advantage of these valuable resources.



Mental and Emotional Health

In 2020 at the onset of the pandemic, mental health support went from a nice-to-have to a true business imperative.

- Critical Incident & Crisis Response:** access to a counselor within 2 hours—24 hours a day, 7 days a week, 365 days a year.
- Care Coordination:** caring, knowledgeable credentialed counseling professionals for help with referrals for mental health, and substance abuse issues.
- Mental Health Therapy:** in-person, video, and phone-based sessions with a trained therapist. Choose from a nation-wide network.



Physical Health

When workers don't feel their best, it is hard for them to do their best work. Even small improvements in health lead to increases in productivity.

- Virtual Care:** video, phone and text-based primary and urgent care options depending on your plan.
- Treatment for Drug & Alcohol Use Disorders:** in-person, video, and live chat sessions with a trained therapist.
- Discounts on Fitness & Wellness programs:** Savings on apps and fitness from Passport Corporate.



Tools for a Healthy Workplace

The workplace you provide can impact the health of your employees and your business—both good and bad. Build workplace wellness with these tools.

- Supervisory Referrals:** help managers and supervisors address conflicts or problems that affect an employee's job.
- Executive Coaching:** Navigate crucial situations, personal development, and find better work life balance.
- Wellness Resources:** monthly awareness campaigns, fact sheets, posters, monthly newsletter, and toolkits to help you promote wellness at work.
- Access to the HR and Safety Hotlines:** unlimited HR and safety advice over the phone. Hotlines are open between 8AM and 5PM, Monday through Friday.



Work & Life Balance

Sometimes life's demands take priority, but with the right support, your employees can manage their challenges at home so they can bring their best selves to work.

- Financial Advice:** speak with advisors for assistance on budgeting, estate planning, debt reduction, saving for college, etc.
- Legal Advice:** speak with an attorney for referrals for personal legal advice, tax and IRS issues, will preparation, etc.
- Coaching:** speak with a specialist for help with stress, emotional health and other challenges.

Total Health from BHT

These great programs are available to you as a BHT member through our partnerships with the following organizations:

