



# Expect more from your Health Benefits

At BHT, it is our mission to be a resource for employers. That's why, in response to the growing importance of mental health in the workplace, we've included our Employee Assistance Program (EAP) with all our Industry Health Trust\* medical plans.

## Product Highlights

Our partner Behavioral Health Systems provides BHT members and their employees with a robust Employee Assistance Program (EAP) including:



### Free, confidential counseling & resources

- Counseling and referrals for personal, marital, family, substance abuse, financial and legal issues
- 6 visits annually for each family member
- Care Coordinators can assist in determining the appropriateness and availability of community resources such as support groups
- MemberAccess online portal with links to self-assessments, work/life articles, tips and resources, and fact sheets
- Use of the EAP is completely confidential



### A variety of ways to connect and never any claims to file

- In-person, phone and digital options available. Members can speak with a provider via computer, smartphone, or tablets at their convenience.
- There are never any claims to file, and EAP visits are covered at 100%.



## Want to learn more about our EAP program or other products?

Call us at (425) 201-1972 or email us at [info@businesshealthtrust.com](mailto:info@businesshealthtrust.com). Or scan the QR code to request a quote.

*\*This benefit is offered at no additional cost on Industry Health Trust plans. Kaiser Permanente Small Group plans or non-medical offerings can add the EAP for an additional cost.*