



EMPLOYEE ASSISTANCE PROGRAM

Get help and support with life's challenges

How well we deal with life's challenges is a key component to healthy living. That's why your employer and Regence offer you an Employee Assistance Program (EAP). Designed to provide support and assistance for a wide variety of issues, the EAP can help you and your family stay healthy. The EAP is free to you as an employee and to anyone living in your household or dependent on your income.

The EAP offers free access to many services and discounts on others:

In-person counseling: Up to 4 confidential sessions for many issues, including those related to parenting, relationships, anxiety and work stress.

24-hour crisis help: Toll-free access during a crisis situation.

RBH eAccess™: Convenient access to online consultations with licensed counselors.

Work/life services

Identity theft recovery: Support in restoring your identity and credit after an incident.

Legal help: A free, half-hour consultation followed by a 25% discount on legal fees. (Legal services are not provided for any employer-related issues.)

Mediation: Free consultations for personal, family, and non-work related issues, such as divorce, plus 25% off professional mediator services.

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.

Online legal forms: Resources to help you create, save, print and revise online legal forms including wills, contracts, leases and many more.

Pet concierge: Packets on topics of pet selection, traveling, first aid, and choosing a kennel and veterinarian, along with referral services for groomers, kennels, walkers, sitters and veterinarians.

Child care: Support and help locating local resources for parenting, school, adoption, college planning, teenager challenges, summer camps, day care and other important issues for parents.

Adult and elder care: Specialists to help find information on transportation, meals, exercise programs, activities, in-home care, daytime care, housing and more.

College planning: 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 on program fees.

Personal Advantage: A life balance website that offers interactive resources for solving and preventing a range of personal problems.

Home ownership program: Free support and information on purchasing a home, financing and/or refinancing, selling and relocating.

The EAP includes access to online tools and resources like webinars, monthly newsletters, assessments, self-directed courses, stress tools and healthy recipes.


To access online resources, go to ibhsolutions.com, then:

- Select MEMBERS from the top right corner.
- Click on the RBH logo.
- Enter your access code.
- Click the “My Benefits” button.

Your access code is:

Once you're signed in you can:

- View your benefits
- Go to Personal Advantage
- Request counseling or other services


To find out more about your EAP, schedule a counseling appointment, or get a referral for services call 1 (866) 750-1327 or go to ibhsolutions.com.

EAP services are delivered by Reliant Behavioral Health (RBH), an IBH Company.



Regence BlueCross BlueShield of Utah
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注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-888-344-6347 (TTY: 711)。