



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 available at no extra cost to you as an employee and to anyone living in your household or dependent on your income.

The EAP offers access to many services at no cost to you and discounts on others:

Confidential counseling: Up to 8 counseling sessions (face-to-face, on the phone or video chat) for issues relating to relationships, anxiety, work stress and other common challenges.

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

Online consultations: Convenient access to online consultations with licensed counselors.

Tess, AI chatbot: 24/7 chatbot for emotional support and check-ins to boost wellness.

Peer support groups: Online support groups for addiction, depression, bipolar, parenting and anxiety.

Work/life services

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

Legal help: A half-hour consultation at no additional cost to you, followed by a 25% discount on legal fees. (Legal services are not provided for any employer-related issues.)

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


Financial help: Thirty consecutive days of phone consultations for debt counseling, budgeting, college/retirement planning and taxes at no additional cost, 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.

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.

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


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 uprisehealth.com/members.



Mobile ready
Information and resources are always at your fingertips.

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 uprisehealth.com/members, then enter your access code.

Your access code is: `saltlakecommunitycollege`

Once you're signed in you can:

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

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



Regence BlueCross BlueShield of Utah
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Uprise Health is a separate company that provides employee and beneficiary assistance programs for Regence members.

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