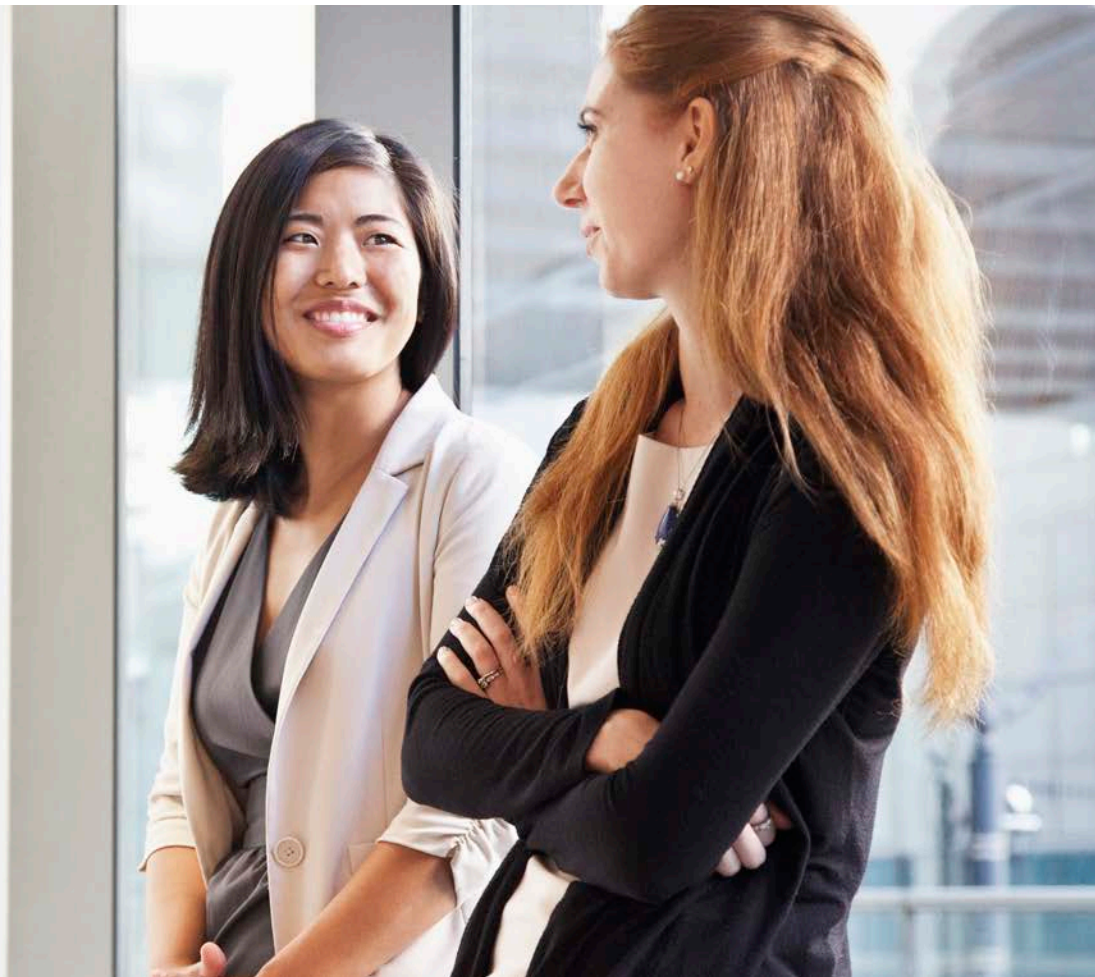




Help Your Employees Manage Life Challenges



We have partnered with ComPsych® to provide an Employee Assistance Program (EAP) integrated with your Blue Cross and Blue Shield of Illinois (BCBSIL) plan. Through this program, your employees will get a core set of services to help them manage life challenges, including:

Local, Professional, In-Person or Virtual Counseling Services

The EAP provides local, in-person counseling through a worldwide network of qualified licensed professionals. This ensures that employees receive the right help at the right time, which results in better focus at work, greater productivity, less absenteeism and reduced medical costs. Members can choose a provider that participates in ComPsych's network. If EAP visits are exhausted, your employees can continue to use their medical benefits. They will be directed to a BCBSIL provider to get the most from their benefits.

Management Consulting

When managers and supervisors need another perspective on how to best support your employees, the EAP can help.

ComPsych GuidanceResources® employee relations generalists are available to provide information, and resources regarding behavioral health and substance abuse issues, potential workplace violence, organizational changes, or any other employee-related situation.

ComPsych Corp. is an independent company that has contracted with Blue Cross and Blue Shield of Illinois to provide employee assistance services for members with coverage through BCBSIL. BCBSIL makes no endorsement, representations or warranties regarding third-party vendors and the products and services offered by them.

Blue Cross and Blue Shield of Illinois, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company, an Independent Licensee of the Blue Cross and Blue Shield Association



Critical Incident Stress Management

A team's sudden loss of a close co-worker, an episode of workplace violence, or even a workplace accident can be a cause for the disruption of your staff's wellbeing and sense of safety in the workplace. Critical Incident Stress Management can reduce the potential for employees experiencing long-term emotional and/or psychological consequences.

A toll-free number is available 24 hours a day, 7 days a week. A coordinator will assist and determine the best course of action to take to address the crisis.

Substance Use Assessment

If an employee fears that they, a family member or a colleague is abusing drugs or alcohol or is suffering from addiction, help is available through our program. The help is completely confidential and provided at no cost to members.

A counselor will work with individuals to determine the best resources for their situation. That may be short-term counseling, help setting goals, referrals to a specialist, and information to support healthy, positive changes.

Integration and Reporting

Through integration and reporting, we offer an EAP solution to help improve efficiency and savings:

- We offer a coordinated, comprehensive, adaptable EAP solution
- One-stop shop for behavioral health, well-being, and financial/legal/personal care resources and referrals
- Multiple access points to care (web, telephonic, video chat/messaging) accommodates how, when and where members prefer to engage
- BCBSIL holds the contract, handles billing*, and integrates metrics for spend, utilization and outcomes
 - Integration leverages unique clinical points such as case management referrals, emergency services, crisis communications and clinical data exchange.
 - Holistic reporting shows if your population is getting better
 - Supported by BCBSIL communications

Through ComPsych and BCBSIL's integrated EAP, your employees will get the support and resources they need to balance work/family/life. For more information, please contact your BCBSIL Account Representative.

*BCBSIL will handle the majority of billing; ComPsych may bill directly to employers for select services.