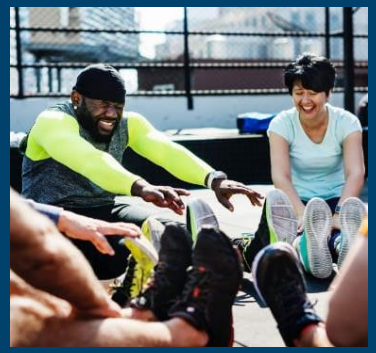
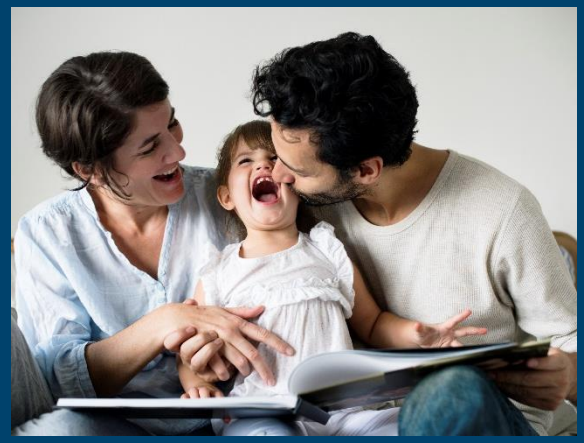
Employee Assistance Program (EAP)

OEBB EAP 2021-2022 Program Year

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What is an EAP?

We all face challenges…the EAP removes barriers

- Sometimes just a phone call or access to online resources are needed.
- Other times, counseling services are a better solution.
- Our team will connect the member with the level of care needed.
- EAP services are available to you and your dependents.
- Round the clock, confidential access.

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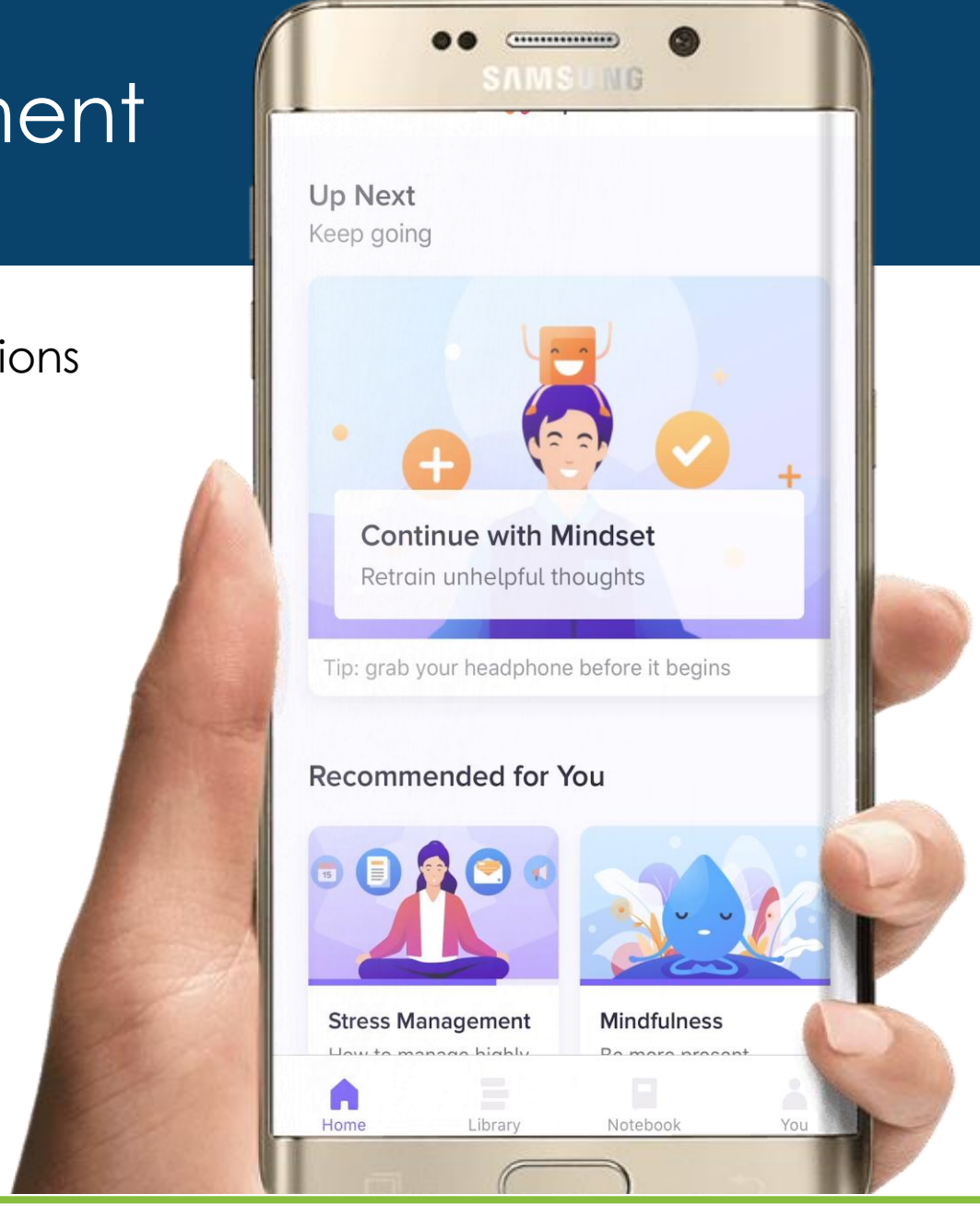
NEW - Digital Health Engagement

The Emotional Wellbeing Check provides recommendations based on risk, needs and preferences.

Evidence-based courses provide support in the areas of:

- relationships
- sleep
- diet & exercise
- mindfulness
- stress management
- cognitive behavioral therapy
- *and more*



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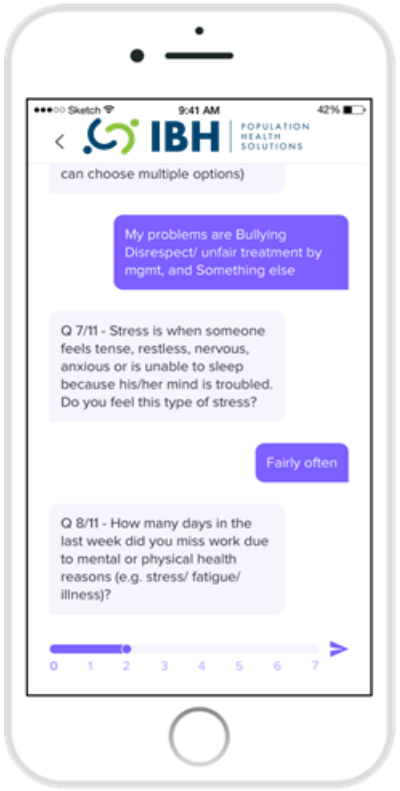
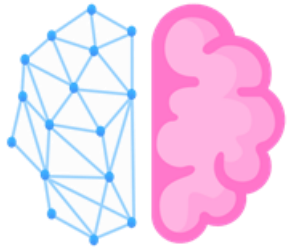
Stratify Care Based on Risk/Need

Evidence-based matches member with care based on needs and preferences.





Self-use programs

Video Therapy, Schedule EAP

In-person Therapy

Coach-guided programs

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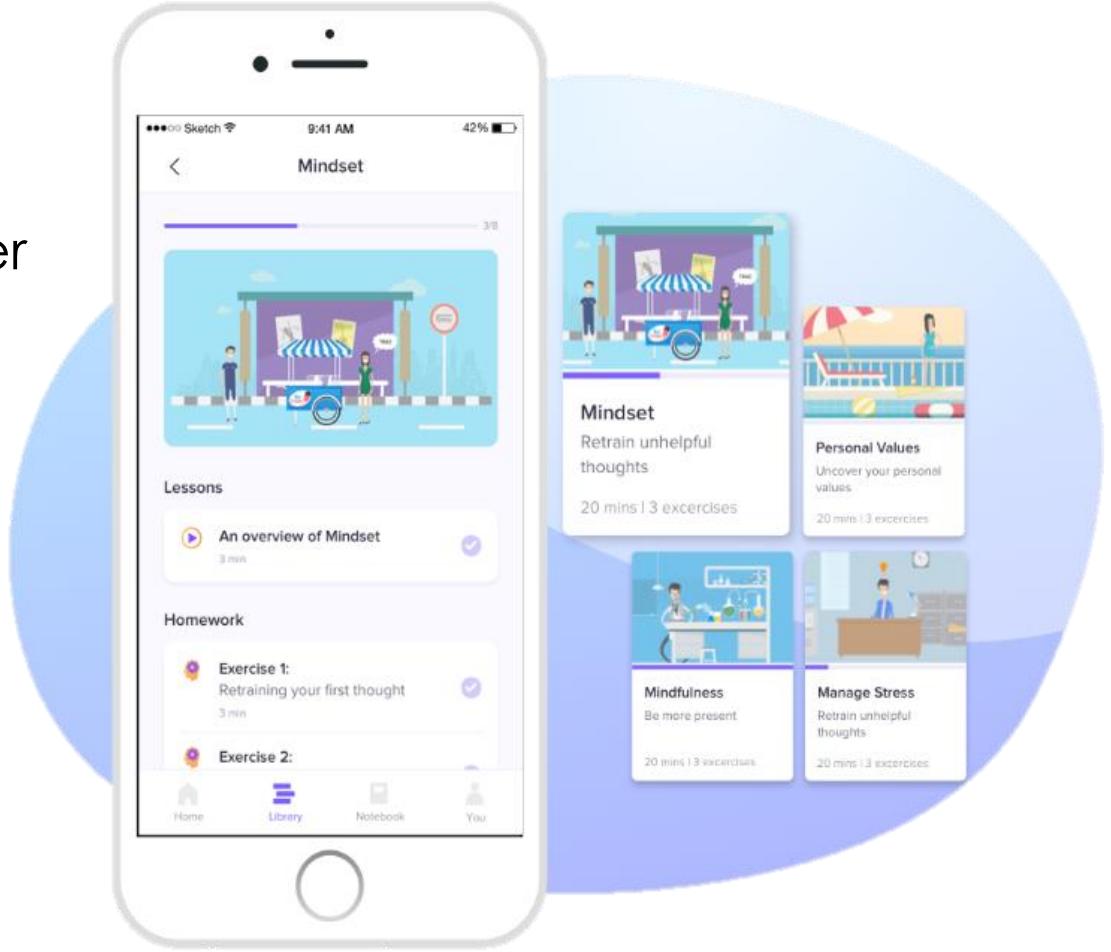
Digital Courses.

On-demand, evidence-based skills training.

Members can access self-guided courses whenever they want on their mobile device or computer

Users get access to a toolkit of proven skills based on range of conditions.

Track progress over time and record achievements



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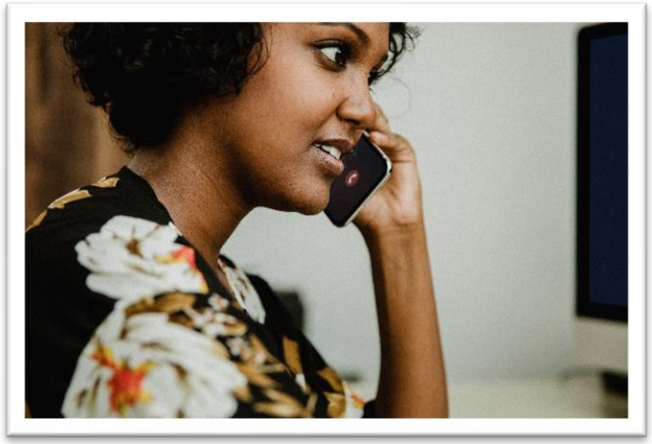
COUNSELING

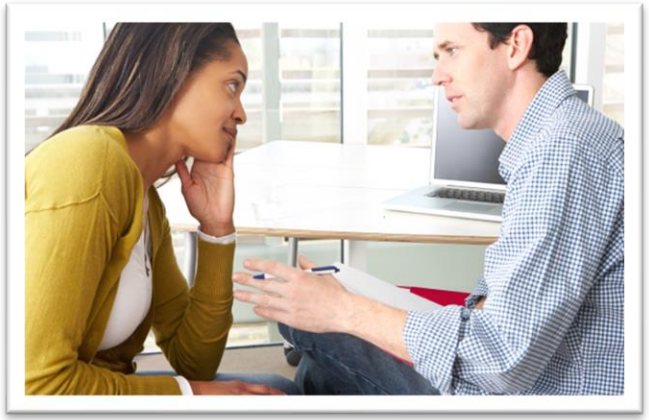
Connect with Your EAP
866.750.1327
Ibhsolutions.com/members

NEW for the 2021-2022 Benefit Year

6 Session EAP Model for all entities

- Face-to-Face Sessions
- Telephonic, Video or Chat options
- No Co-Pays
- 24-Hour Crisis Help





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WORK-LIFE BALANCE RESOURCES

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- Legal & Mediation
- Childcare, Adult & Eldercare
- Online Will Preparation
- Identity Theft Resources
- Financial Resources
- Personal Advantage Website
- College Planning Program
- Tess Chatbot
- Online Peer Support (New Support Groups Added)

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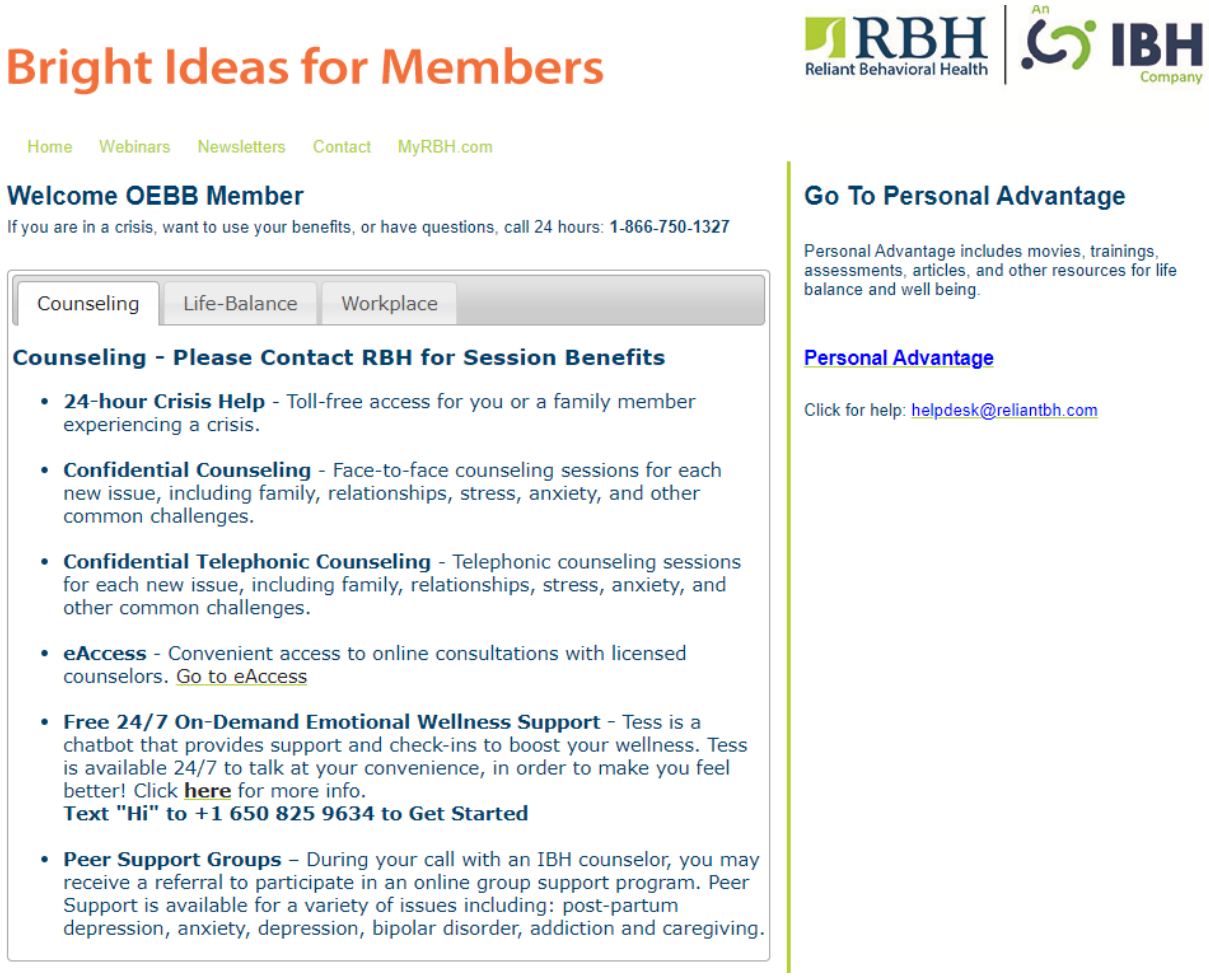

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Organize tasks and resolve issues using

PERSONAL ADVANTAGE online work-life resources.

- Savings Center
- My Stress Tools
- Training Center
- Health
- Financial
- Webinars
- Resilience Journey
- Legal Resources/Forms
- Relationships
- Emotional Wellbeing
- Assessments
- Personal Growth
- Recipes
- Health Videos

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EMPLOYER SERVICES (INCLUDED)

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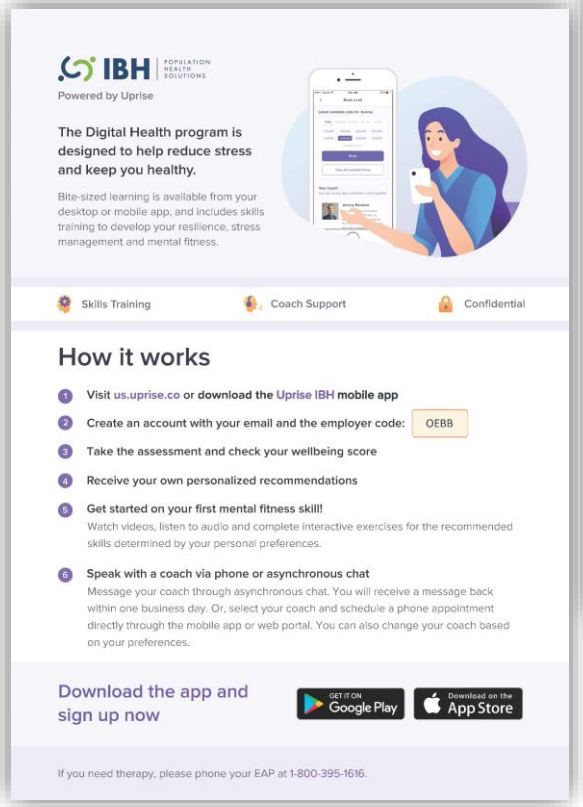
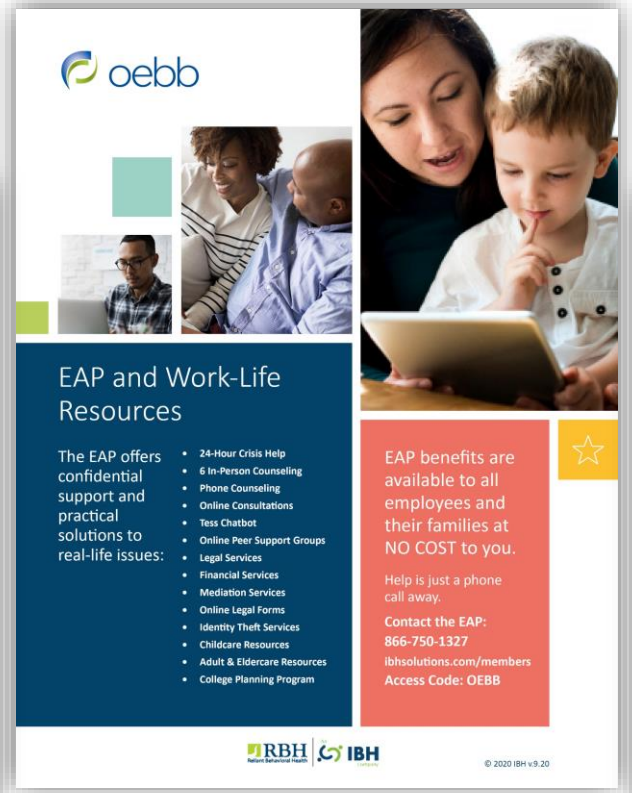
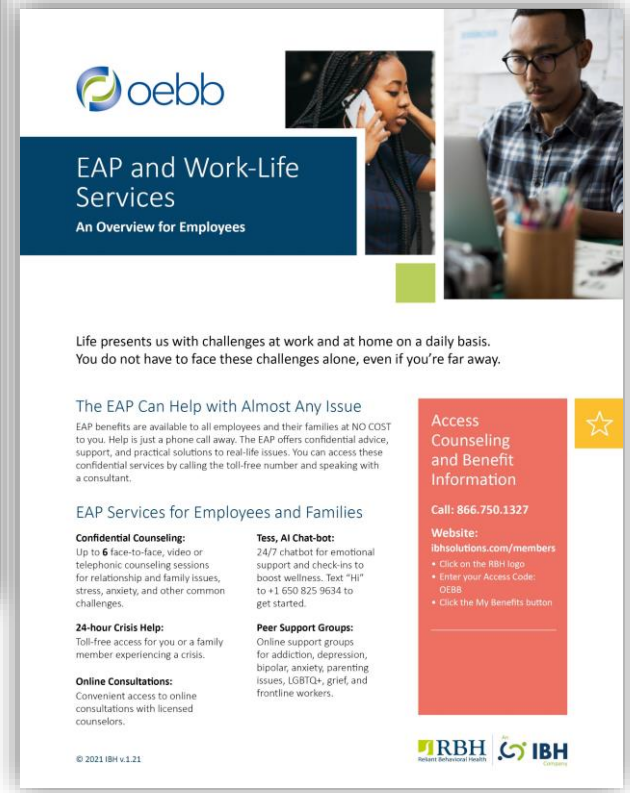
- Supervisor Consultations
- Management Referrals
- Webinars
- E-Newsletters
- Promotional Materials







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EMPLOYER SERVICES: CIR'S (INCLUDED)

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Critical Incident Response (CIR) provided at no additional charge!

This important employer service provides for a counselor, upon request, to go onsite to conduct group counseling in the wake of a workplace tragedy.

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EMPLOYER SERVICES: ONSITE (OPTIONAL)

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- Supervisor Trainings
- Employee Trainings
- $150/per hour if purchased as needed
- $125/per hour if pre-purchased during "EE Plan Management Period"

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RESILIENCE COACHING

Connect with Your EAP
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- Optional 1:1 Resilience Coaching will be available for entities to purchase as needed.

- Coaching is $800 per case. (Each case runs 8–10 sessions over 4–6 months.)

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EAP PROGRAM PRICING OPTIONS

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6 Sessions EAP Model

$0.90 Per Employee Per Month

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THANK YOU!

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Contact

Tanya Baertsch

Vice President of Client Success

P: 503-802-9884

E: Tanya.Baertsch@ibhsolutions.com

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