



FREE, CONFIDENTIAL SUPPORT FOR LIFE'S CHALLENGES

It's OK to ask for help. Your Employee Assistance Program (EAP) is available 24/7 to enable you take control of your concerns, no matter how big or small. The EAP provides information, guidance and support for a variety of issues:



PHYSICAL

- Alcohol and drugs
- Cancer
- Nutrition
- Preventing illness
- Weight management



FINANCIAL

- Budgeting
- College savings
- Debt consolidation
- Identity theft recovery
- Legal concerns (e.g., divorce, tenant issues, real estate, wills)
- Retirement planning
- Taxes



EMOTIONAL

- Child and elder care resources
- Depression and anxiety
- Grief and loss
- Marital and family relationships
- Stress
- Workplace challenges

HOW TO CONNECT TO THE EAP

All LSC employees and their immediate household family members are eligible for the following:

BY PHONE: Talk with a counselor confidentially by phone at **1-877-409-1488** for any of the issues listed above. The EAP care manager will provide resources for your concern. You can also schedule your own appointment through carelonwellbeing.com/LSC.

IN-PERSON OR VIDEO-ENABLED: Up to six confidential, no-cost EAP visits per incident are offered annually. Visit with a counselor face-to-face or via secure video conferencing, depending on the severity of the issue. To get started, call **1-877-409-1488** or visit carelonwellbeing.com/LSC (click "Contact Us" at the top and then "Request EAP Services").

ONLINE: Find a wealth of informational resources at carelonwellbeing.com/LSC.

The EAP is administered by Carelon — an experienced industry leader in EAP and work/life benefits. Carelon's network of EAP counselors are all licensed mental health professionals.

DID YOU KNOW?

You can get support for behavioral health issues through your medical plan's 24/7 virtual doctor service:

- MDLIVE.com/bcbsil • **1-888-676-4204**
- **MDLIVE app** • Text **635483**

Pay \$10 if you are enrolled in HSA Core or HSA Value, and it counts toward your deductible.
Pay \$25 if you are enrolled in Copay Advantage.

**REAL LIFE.
REAL SUPPORT.**
HEALTH • MONEY • HOME • COMMUNITY

