



Employee Assistance Programs for Groups

The connection between behavioral health and physical well-being is powerful. By providing an employee assistance program (EAP) as part of your healthcare benefits, your employees can successfully address work and personal problems that may impact their lives.

Blue Cross of Idaho's EAP option can connect your employees and their families to face-to-face counseling professionals, referrals to community resources, and web-based tools to help them sort out work, personal or family issues.

AT THE SAME TIME, EAP BENEFITS CAN SAVE YOUR COMPANY TIME AND MONEY BY:

- Increasing employee productivity
- Lowering absenteeism rates and turnover
- Reducing work-related accidents
- Resolving workplace conflicts and grievances

Engaging individuals with severe or chronic mental health or substance abuse issues can help avoid high-cost claims later on. In addition to confidential, face-to-face counseling, our employee services include a 24/7 crisis hotline and legal/financial and work-life support.

The Blue Cross of Idaho EAP program, offered through a choice of administrators, is the single source for confidential support, expert information and valuable resources for all your employees' life challenges.

Depending on the plan selected, employer services may include supervisor and organizational training, conflict resolution and critical incident response, along with promotional materials and email tips.



– U.S. Dept. of Labor

For more information or to enroll your group in this program, contact your account manager.