



## Employee Assistance Program

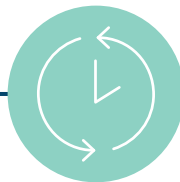
A comprehensive suite of employee assistance and work-life services brings a healthy balance back to people's lives.

We all know everyone faces personal challenges, and we accept that as part of life. While some manage to sort through life's issues on their own, many can benefit by getting a little extra help. An Employee Assistance Program (EAP) provides access to work-life balance services such as legal, financial, child and elder care, and identity theft resources. Members can also get confidential coaching and counseling by phone or in-person for personal issues, including relationships, parenting, grief, anger, stress, and life changes.



### Value and Commitment

EAPs have been around for decades, and many still offer a one size fits all approach. We are different at IBH because we know organizations and their people are different. Through our 30 years of experience in behavioral health, we have created solutions to meet your needs today, with the flexibility to adapt to the changing demands of tomorrow.



### Convenient Access

We are committed to providing the best methods of communication to your employees, offering them access to help at any time, and allowing them to refocus on their jobs and feel more secure about their lives and their work. Our EAP services include phone and in-person counseling, plus access to a member website, mobile app, and self-directed, wellbeing technologies.



### Member and Manager Training

Count on our experience to develop learning opportunities that deliver positive changes in your organization. We guide individuals and teams to improve their professional and personal skills, including unlimited webinars and online trainings, as well as culture-building technology that connects people to the EAP and worksite activities and events.

# Choose a modern EAP solution to meet the needs of a diverse population.

## CORE SOLUTION

### Short-term counseling (in-person, phone, or video)

- Full, visible implementation
- Utilization and outcomes reports
- Hardcopy + electronic promotion
- Dedicated account manager
- Unlimited 24/7 crisis support
- On-site crisis recovery/debriefings
- Online video peer support groups
- Fee-for-Service: DOT/SAP Evaluations and organizational development
- Life-balance and wellbeing website
- Legal, financial, mediation resources
- Child and adult/eldercare resources
- Event and product discounts

## ENHANCED SOLUTION

### CORE SOLUTION +

- Digital engagement and intuitive navigation platform
- Content customized to match employer style/brand (logo, colors, etc.)
- Evidence-based behavioral health and wellbeing resources
- Workplace culture building via app-linked employer events and resources
- 24/7/365 navigation to online, EAP, and community/worksite support
- Customized content responds to user needs and changes
- Reality Check surveys guide people toward personal growth, professional success, and overall wellbeing

## CUSTOM SOLUTION

### ENHANCED SOLUTION +

- Adds a clinically-driven technology platform to the EAP
- Evidence-based behavioral health programs with assessments, data analytics, and coaching
- Offers a tech-based alternative to counseling with up to 2 or 4 weeks of text coaching
- Based on science (Cognitive Behavioral Therapy, Mindfulness, and Positive Psychology)
- Assesses and provides solutions for work-life problems, managing stressors of work, relationships, and finances
- Tools for tackling depression and anxiety, beyond the scope of traditional EAP counseling

**92%**

personal problem  
resolution

**95%**

overall participant  
satisfaction

**59%**

depression  
symptom reduction

**82%**

anxiety  
symptom reduction



Up to 20% of employees are reached through individual or worksite EAP services



100% of employees have access to resources for improving work, quality of life, and workplace culture



100% of employees are engaged and supported with issues beyond the scope of a traditional EAP

**Bringing people together for over thirty years.**

Join us as we work together to change the status quo by bridging technology and clinical expertise to engage more people with personalized interactions.



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