



EMPLOYEE ORIENTATION



Employee Assistance Program (EAP)

Orientation Agenda

1. What is the EAP?
2. EAP Counseling Services
3. EAP Work-Life Services
4. On-line Resources
5. Accessing the EAP

1. What is the EAP?

The EAP provides free, confidential services to:

- ❑ **Help individuals resolve personal problems**
- ❑ **Help individuals balance work and life**
- ❑ **Help the worksite become safe and productive**

Employees, their dependents, and household members (related or not) are covered by the EAP.

2. EAP Counseling Services

- ❑ Face-to-face counseling
 - ❑ Up to **3 sessions** per concern
- ❑ RBH eAccess™
- ❑ 24-hour crisis support



Face-to-Face Counseling

- ✓ Each individual has access to local, face-to-face counseling sessions for each new issue they face.
- ✓ Problems can include almost any issue, including family, relationship, work stress, anxiety, grief, and other challenges that we all face.
- ✓ Counselors are available nationally, so employees and their families are covered when traveling or living away from home.

RBH eAccess™

- ✓ Individuals have convenient, secure access to on-line consultations with licensed counselors.
- ✓ On-line consultations are useful for quick questions or for people who may be unsure about trying face-to-face counseling.
- ✓ Babysitters, transportation, and busy schedules can't prevent easy on-line access.

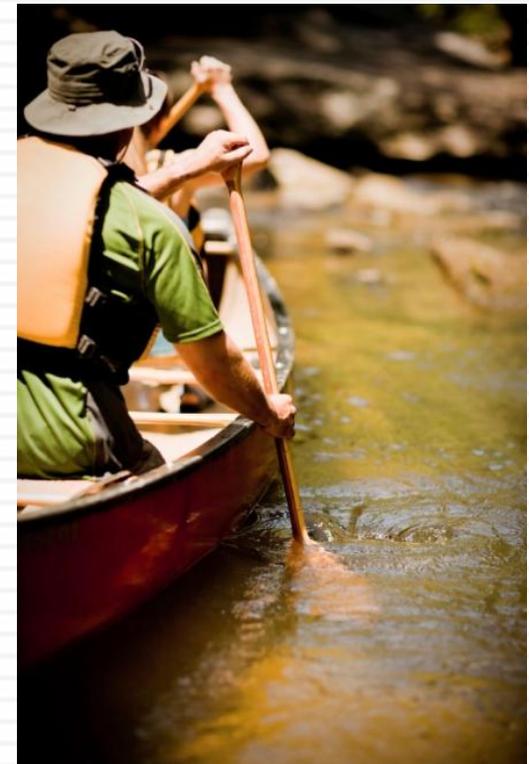
On-line consultations are not intended as a replacement for face-to-face counseling. The counselor will work with individuals to determine the best course of care.

24-hour Crisis Support

- ✓ The EAP provides toll-free access for individuals experiencing a crisis.
- ✓ Counselors are available 24 hours a day, 365 days a year.

3. Work-Life Services

- ❑ Legal services
- ❑ Financial services
- ❑ Will preparation
- ❑ Personal mediation
- ❑ Home Ownership
- ❑ Identity Theft Recovery



Legal Services

Receive a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees.

Legal services are not provided for any employer related issues.



Financial Services

Receive free telephone consultations for financial, issues such as debt counseling, budgeting, college or retirement planning.

A discount of 25% is available if a CPA is retained.



Will Preparation

Receive a free, simple kit for member completion and then return it for review by a legal professional.



Personal Mediation

Receive free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, real estate, etc.

A discount of 25% is available if a professional mediator is retained.



Identity Theft Recovery

Receive support in planning the recovery process for restoring your identity and credit after an incident.



4. On-line Resources

- ❑ [MyRBH.com](#)
- ❑ [Legal and Financial website](#)
- ❑ [Personal Advantage](#)



My Benefits

Enter your access code to:

- View your benefits
- Log in to RBH Personal Advantage
- Read Newsletters
- Find Supervisor Resources

OEBB

My Benefits

RBH Services

- ▶ Employee Assistance Program (EAP) with Work-Life Services
- ▶ RBH Wellness Connection™
- ▶ RBH MommyTrax™
- ▶ Managed Behavioral Health
- ▶ Behavioral Health Risk Management



Welcome to Reliant Behavioral Health

Restoring Workplace Health and Productivity

Reliant Behavioral Health is a licensed specialized health care plan. We offer a national employee assistance program focused on high levels of service to our client organizations, helping restore and maintain workplace health and productivity. With a clear commitment to clinical expertise and program excellence, we have earned a reputation for:

- Comprehensive, flexible and effective EAP programs that deliver value to the organization as well as to employees and their families
- Quick and easy access to highly qualified, licensed, and experienced EAP clinicians with expertise in marriage and family counseling, substance abuse and crisis support
- Personalized consultations, resources and referrals for employees struggling to balance the demands of work and family

MyRBH.com

MyRBH.com provides member-directed wellness resources where participants can take a full wellness assessment (actualization, emotional, physical, work, capacity for change, and health). The site provides immediate feedback, goals and suggestions, challenges, journaling, and community support.

Home Emotional Wellbeing Family Life Financial Health Legal Maternity Personal Growth

Search: GO

To Buy or Not to Buy

This is a tough question that many young adults face when it comes to a home or a car.

READ MORE



Debts and Investments

Caring for Your Parents

To Buy or Not to Buy

Keep Fit as You Age

Reciprocal Wills

Featured Video



Emotional Eating

Get Prepared Assessments Locators

Adoption	Depression	Legal Forms
Alcohol	Diabetes	Managing Stress
Anxiety	Drug Addiction	Parenting
Budgeting	Focus on the Family	Pet Care
Buying a Car	Grief and Loss	PTSD
Cancer Prevention	Healthy Living	Retirement
Caregiving	Heart Disease	Smoking

Most Popular Highest Rated

- Depression
- Will for Adult With No Child (ren)
- Screening for Anxiety
- Beneficiary Worksheet
- Monthly Budget

Weekly Poll

At what age did you drive for the first time?

15
 16
 17 or older
 Don't drive
 Younger than 15

SUBMIT

Personal Advantage

A life balancing website with current articles on health conditions, health assessments, medical movies, child and eldercare resources, and other interactive tools including access to more than 50 online trainings.

5. Accessing the EAP

1-866-750-1327

- ❑ Ask questions
- ❑ Get crisis support
- ❑ Request counseling
- ❑ Access work-life services

www.MyRBH.com

- ❑ Learn about EAP
- ❑ Access Legal and Financial website
- ❑ Access Personal Advantage
- ❑ Request RBH eAccess™

Access Code: **OEBB**

Thank you!

Reliant Behavior Health

www.myrbh.com

1.866.750.1327

