



## EMPLOYEE ASSISTANCE PROGRAM (BASIC PLAN)

- *Helps with life's ups and downs.*

No matter what life throws your way, there's someone there to help you through it. A compassionate ear, expert advice, professional support. It's all just a call away if you need it—and at no cost to you.





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Sometimes life hits a rough patch. Just when you think things are fine, the kids hit their teens or someone needs counseling. Now you have somewhere to turn. The EAP (Employee Assistance Program), run by Uprisehealth, gives you private, expert support to get you through tough times. It covers all financial dependents, living at home or away, plus other household members, whether they're related or not.

## HOW IT WORKS

Call the EAP for a wide range of work/life balance services to help you through a variety of life's challenges.

1

### "Why me?"

Maybe you need legal direction or are struggling with parenting issues. Or you just want to talk to someone. Whatever's bugging you, it doesn't have to spiral out of control. The EAP can help.

2

### A friendly ear.

Call the EAP, let them know you have LifeMap Assurance Company coverage, and then explain what's happened. Or, you can go online to explore your benefits. Either way, a caring person will connect you with experts in your area who can help.

3

### Make an appointment.

Once you have a professional's name and number, give them a call. Explain that you're using your employer's EAP benefit through Uprisehealth.

**Need help? Call 1 (866) 750-1327. Or, go to [Uprisehealth.com](https://www.uprisehealth.com):**

- Select **Members** in the top right corner
- Click on the RBH logo
- Enter your Access Code: LifeMap
- Click **My Benefits**

## SERVICES PROVIDED

**Counseling:** Up to 4\* visits for grief, anxiety, stress, parenting, etc. Or, get instant support anywhere with the AI mental health chatbot

**24/7 crisis help:** Toll-free access for you or a family member experiencing a crisis

**Adult/eldercare:** Support in finding quality information and services including transportation, meals, exercise activities, prescription drug information, in-home care and housing

**Legal support and mediation:** A free, half-hour consult, plus a 25% discount on legal services and personal or family mediation (legal services not provided for employer-related issues)

**Financial services:** Telephonic consult and up to 30 days of support for resolution of financial issues with a financial professional, plus a 25% discount off normal fees if a CPA is retained

**Online legal forms:** Free state-specific wills, living trusts, contracts, leases and more

**Identity theft:** Help with planning the recovery process for restoring your identity and credit after an incident

**Home ownership:** Free support for buying, financing, moving or selling

**Childcare services:** Free help with school issues, teen challenges, adoption, college planning, day care, and more

**Work/life balance:** Online, interactive tools through Uprisehealth.com, such as self-directed courses, retirement-planning resources and more

**Wellness:** Go to Uprisehealth.com for health assessments, wellness content, webinars and more

**Pet concierge:** Info on choosing, traveling and caring for pets, plus referrals to vets, groomers, kennels, etc.

● [LifeMapCo.com](https://www.lifemapco.com)

\*For our members in California: California allows up to three counseling visits in a 6-month period.

This document is intended to give a brief overview of the product and how it may be used. This in no way serves as a certification of coverage and should be used for educational purposes only.