

COMING SOON

BAS BEHAVIORAL HEALTH MANAGEMENT IS FOR TAKECARE. THIS BENEFIT IS AVAILABLE AS OF JANUARY 1, 2021.

At some point in our lives, each of us faces a problem or situation that is difficult to resolve. When these instances arise, BAS Behavioral Health Management will be there to help. BAS Behavioral Health Management is a confidential resource that helps you deal with life's challenges and the demands that come with balancing home and work. The program provides professional counseling and referrals to address a wide array of personal and work-related concerns.

ANXIETY • DEPRESSION • MARRIAGE AND RELATIONSHIP PROBLEMS • GRIEF AND LOSS • SUBSTANCE ABUSE • ANGER MANAGEMENT • WORK-RELATED PRESSURES • STRESS

EXPERT REFERRALS AND CONSULTATION

Whether you are a new parent, a caregiver, selling your home or looking for legal advice, you're likely to need guidance and referrals to expert resources.

- **LEGAL ASSIST** Free Telephonic or Face-to-Face Legal Consultation
- **FINANCIAL ASSIST** Expert Financial Planning and Consultation
- **FAMILY ASSIST** Consultation and Referrals for Everyday Issues, Such as Dependent Care, Auto Repair, Pet Care and Home Improvement

CONFIDENTIALITY

BAS Behavioral Health Management upholds strict confidentiality standards. Nobody, including your employer, will know you have accessed the program unless you specifically grant permission or express a concern that presents us with a legal obligation to release information.

TECHNOLOGY AND YOUR EAP

WEB

- Thousands of Helpful Articles and Tip Sheets for Personal and Work-Related Topics
- Search Engines and Directories for Child Care, Elder Care, Education, Legal, Financial and Convenience Services
- Discounted Fitness Center Memberships
- Secure Video Counseling Through the eConnect® Portal
- Skill Builders: 20-Minute eLearning Modules
- Bilingual Content (English and Spanish)

MOBILE

- eConnect® Mobile App for On-The-Go Access to the Program
- Call or Live Chat with a Licensed Counselor
- Schedule Video or In-Person Counseling
- Review a Summary of the Program



PHONE

1-888-BAS-5900 (227-5900)

WEB

WWW.BASHEALTH.COM/BHM

Username: takecare



MOBILE