

**PARTNERS
FOR HEALTH**
EMPLOYEE
ASSISTANCE
PROGRAM

ParTNers for Health is here for you and your family through your medical benefits as well as your wellness and EAP benefits.

For more information regarding medical questions, contact your agency benefits coordinator or the Benefits Administration service center at 1.800.253.9981.

For questions or more information about the ParTNers for Health Wellness Program, call 1.888.741.3390.

For EAP or Behavioral Health benefits, contact Magellan at 1.855.Here4TN (1.855.437.3486).

Visit the ParTNers EAP website now!



Living Healthy Working Well®

The ParTNers EAP is a no-cost, confidential program that provides you with help in managing life's challenges. Call or log on to get information that can help you make positive changes at home and at work!

Work-Life Services

Saving you time and money

Experts provide information and pre-screened referrals for prenatal care, adoption, child care, education, retirement, senior care, special needs and more. An exclusive member discount center offers more than 3.5 million discounts.

"It was so easy to get an appointment and the person I spoke with was so nice and caring. For the first time I felt like someone really heard me."

Legal and Financial Consultation Services

Talk to an expert, quickly and confidentially

Get legal help with family and divorce law, estate planning, and civil or criminal law among other issues. Financial experts can help with a range of topics, including planning for retirement, debt consolidation and more.

"I was overwhelmed. Talking to a provider helped me sort things out so I could stop being so stressed. I appreciate that my job offers this as a benefit."

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1.855.Here4TN

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1.800.456.4006 TTY users

www.Here4TN.com

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Sometimes, life can get the best of you.

**ParTNER with us for the happier,
healthier life you deserve.**

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Trusted Solutions to Life's Challenges

From online information to confidential consultations with licensed behavioral health professionals, you and your eligible family members have access to a wealth of practical, solution-focused resources to help you reduce stress, strengthen relationships, increase productivity and improve the overall quality of your life.

The ParTNers Employee Assistance Program (EAP) provides:

- Up to five counseling sessions per problem at no cost to you
- Workplace Support team for managers
- Legal and financial consultation services
- Website and telephone assistance to help with everyday situations



So Much to Do... So Little Time

Life moves fast. These days it seems like everyone is asked to do more in less time and with less help. With all you have to do, it can be hard to focus on everyday matters, let alone issues that are difficult to control, such as:

- Changes in your financial situation
- Family or relationship problems
- Overwork or conflicts at work
- Feeling depressed or anxious
- Quitting tobacco, alcohol or drug use
- Caring for children or aging parents

Challenges like these can make life hard. And when you're busy, you might not think there's time to find solutions.

So, it's important to know that the ParTNers EAP offers a program that can help you solve everyday problems **confidentially, 24 hours a day, seven days a week.**

There's no cost to you and your eligible family members to use the ParTNers for Health EAP. It's important for you to also know that any costs or copayments beyond this program will be your responsibility. Contact Magellan Health Services for additional information about your behavioral health benefits.

"We were going through a tough time and needed help to get back on track."

Easy Access to Services

The ParTNers for Health EAP is here to provide you and your family members with the right help at the right time. You can quickly get help in a way that works best for you:

- **By Phone**—Call 1.855.Here4TN (1.855.437.3486) 24/7 to get consultation and solutions to everyday problems as well as help in a crisis. You will get access to resources or a referral to a professional in your community for confidential help.
- **Online**—Log on to www.Here4TN.com to locate counselors in your area. Find targeted information and resources that address your everyday concerns as well as more serious issues. Interactive tools help you discover ways to live a healthy lifestyle.



"I'd like to learn how to manage my time better."

Remember, ParTNers EAP provides up to five counseling sessions per problem at no cost to you. Call or log on to talk with someone, to receive a referral or for additional information.

- Stress
- Family and relationships
- Grief and loss
- Alcohol or drug concerns
- Work-life balance
- Health and wellness
- Depression and anxiety
- Legal and financial issues

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Tear off the attached cards and keep them handy for quick and easy access to the help your program can provide.