



Get help and support with life's challenges

Regence Employee Assistance Program

How well we deal with life's challenges is a key component to healthy living. That's why your employer and Regence offer you an Employee Assistance Program (EAP). Designed to provide support and assistance for a wide variety of issues, the EAP can help you and your family stay healthy. The EAP is free to you as an employee and to anyone living in your household or dependent on your income.

The EAP offers free access to many services and discounts on others:

Counseling: Up to 4 confidential sessions for many issues, including those related to parenting, relationships, anxiety and work stress.

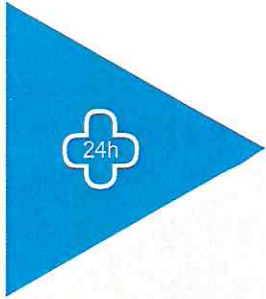
24-hour crisis help: Toll-free access during a crisis situation.

Legal help: A free, half-hour consultation followed by a 25% discount on legal fees. (Legal services are not provided for any employer-related issues.)

Identity theft recovery: Support in restoring your identity and credit after an incident.

RBH eAccess™: Convenient access to online consultations with licensed counselors.

Mediation: Free consultations for personal, family, and non-work related issues, such as divorce, plus 25% off professional mediator services.



Financial help: Free phone consultations for debt counseling, budgeting, and/or college and retirement planning, and 25% off certified public accountant services.

Online legal forms: Resources to help you create, save, print and revise online legal forms including wills, contracts, leases and many more.

Child care: Support and help locating local resources for parenting, school, adoption, college planning, teenager challenges, summer camps, day care and other important issues for parents.

Adult and elder care: Specialists to help find information on transportation, meals, exercise programs, activities, in-home care, daytime care, housing and more.

Personal Advantage: A life balance website that offers interactive resources for solving and preventing a range of personal problems.

Home ownership program: Free support and information on purchasing a home, financing and/or refinancing, and selling and relocating.

To find out more about your EAP or to access services, call 1 (866) 750-1327 or go to myRBH.com.

Your access code is: **GOMARIONAMAET**

Once you're in myRBH.com, use the access code to:

- View your benefits
- Login to Personal Advantage
- Request counseling or other services

EAP services are delivered by Reliant Behavioral Health (RBH).

Regence BlueCross BlueShield of Oregon
100 SW Market Street | Portland, OR 97201

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-319-8904 (TTY: 711).
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-319-8904 (TTY: 711).