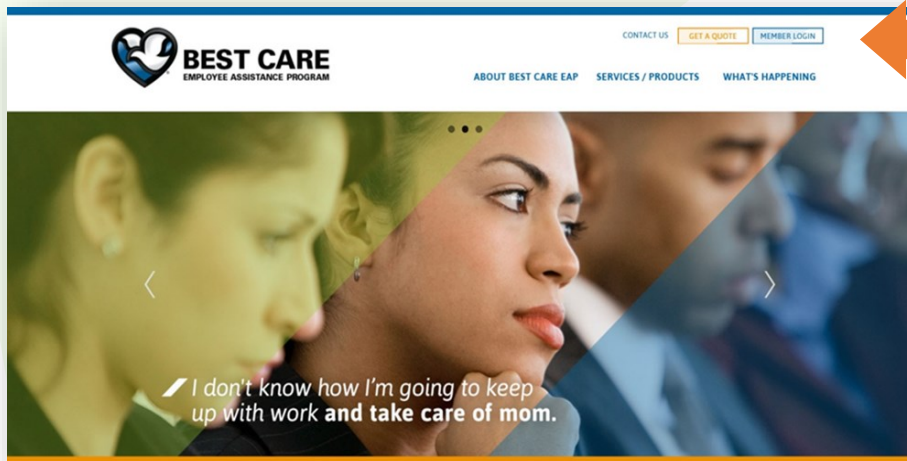


Employee Assistance Program (EAP) Summary of Services for METRO TRANSIT



Log into BestCareEAP.org to view your benefits from your company landing page.

LOGIN CODES:
MEMBER ID - bcMETROe
PASSWORD - METRO

Short Term Counseling Best Care Employee Assistance Program provides confidential counseling for any kind of personal or job issue including: stress, marriage/relationship, family, work/life balance, addiction and recovery, grief and loss, parenting, depression and anxiety.

The program provides up to **five (5) counseling sessions** for you or your eligible family members per year. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using that resource then become your responsibility.

Eligibility All eligible employees can receive assistance and counseling through Best Care EAP. Your benefits eligible dependents may also take advantage of Best Care EAP services.

Legal & Financial Services Assistance is available for legal and financial concerns that can cause much stress in your life, including identity theft response and fraud resolution. Call the number listed above to access this service!

Training and Wellness Resources Best Care provides a comprehensive web site including numerous health and wellness articles and webinars.

Confidential Your use of Best Care EAP counseling is completely confidential. Information cannot be shared with anyone (including your employer) without your written permission, unless otherwise required by law.

Cost Effective Best Care EAP services are purchased by your employer, and are available to you at no cost.

Convenient Day, evening and weekend appointments are available to meet the needs of your busy schedule. Sessions are available in person, online or over the phone. Crisis and emergency services are available 24 hours a day, 7 days a week.



BEST CARE EAP

402.354.8000/800.801.4182/eap@bestcareeap.org/BestCareEAP.org

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