

# Live better with your Asante EAP

**Fast. Free. Confidential.**

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

**To learn more about your EAP or to access services, call (866) 750-1327  
or go to [ibhsolutions.com/members](http://ibhsolutions.com/members). Your access code is: Asante**

The Asante EAP offers counseling by phone, video or in person. It has a large network of providers and access to many work-life balance services:

**Counseling:** Up to four 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.

**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.

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

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

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

**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.



**Over 280 providers available  
in Southern Oregon**