



## Eldercare Assistance

**Your Employee Assistance Program (EAP) provides free and confidential assistance with eldercare support, guidance and planning.**

We want to give our aging loved ones the best care that they deserve. To help with determining their needs and how to best provide for them, Behavioral Health Systems offers a vast network of specialized providers who can assist employees with eldercare-related issues such as:

- ▶ Long-Term Care solutions
- ▶ Housing & Community Guidance
- ▶ Legal/Estate Planning
- ▶ Retirement Income Planning
- ▶ Asset Management
- ▶ Managing Unexpected Healthcare Expenses
- ▶ Lifestyle Decisions
- ▶ Medicare & Medicaid
- ▶ Veterans Benefits

### ACCESSING YOUR BENEFITS

Accessing your EAP benefits begins with a call to BHS.



Your BHS Care Coordinator is available Monday-Friday from 7:00 am—5:30 pm CT by calling 800-245-1150.

For more information, visit:  
[behavioralhealthsystems.com](http://behavioralhealthsystems.com).  
Login to MemberAccess to learn more about your EAP.



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