

Personal Life ManagementSM

An Employee Assistance Program (EAP) brought to you by Independence Blue Cross (Independence)

A fresh approach to EAP

Personal Life Management* offers your employees help with the many of the challenges and stresses of everyday life as well as more serious issues. Like a personal concierge service, Personal Life Management gives your employees and everyone in their household access to work/life services that can help them take care of everyday matters with resources such as:

- Legal and financial services including investing, retirement planning, tax planning, and wills
- Adoption assistance
- Child care and elder care resources
- Education planning from preschool through college
- And much more

All Personal Life Management packages also include unlimited counseling over the phone with advanced degreed EAP clinicians and access to face-to-face visits with a licensed counselor at no charge to the member.

As an employer, you'll have access to critical management services and EAP experts, such as:

- Onsite service hours to use at your discretion* *
- Unlimited webinar-based training sessions and supervisory consultations
- Unlimited consultation with Integrated Behavioral Health clinicians and CEAP staff
- Critical incident stress debriefings (CISD)
- Management of referrals
- Policy development guidance for drug-free workplace programs and DOT/SAP evaluations
- Utilization reporting
- Member engagement and communication materials

* Integrated Behavioral Health (IBH), an independent company, provides Personal Life Management. IBH does not provide Blue Cross products or services. IBH is solely responsible for its products and services.

** Included in the Standard Plus package, based on size of group. Available for an additional charge with Standard package.



Cost savings start with controlling stress

Trying to cope with life's challenges may lead your employees to engage in unhealthy behaviors, such as smoking, drinking, poor nutrition, and more. Personal Life Management may be able to help employees and their families find the right support and tackle certain short-term issues before they snowball into larger problems.

Personal Life Management

Less stress, more productivity

Through phone and face-to-face counseling sessions, online resources, and referrals to clinical professionals, Personal Life Management can help employers create a more productive work environment. Research has shown that programs like Personal Life Management can:

- Decrease unscheduled absenteeism from an average of 2.37 days per issue to less than one day¹
- Save 7.5 hours per issue¹
- Improve productivity at work by 80.5 percent¹
- Reduce stress

Find out how Personal Life Management can help you and your employees. Contact your Independence broker or account representative to get a quote, or visit ibx.com/PersonalLifeManagement to learn more.

¹ Employee Assistance Society of North America (EASNA)

