

Counseling

We understand that you are busy juggling work and personal responsibilities. As a result, we offer several ways to access counseling services:

Confidential Counseling

You and your family members have access to face-to-face counseling for each new issue you face. The number of sessions available per issue depends on which EAP model your employer selected. *To find out how many sessions you have available, you can call RBH at 866-750-1327, OEGB at 888-469-6322, or your HR/Benefits Department.*

RBH eAccess™

RBH offers convenient access to on-line consultations with a licensed counselor. The counselor will help you decide if on-line consultations are appropriate for your problem. Often, people just need a little advice, and having access to a counselor without having to make time to attend an appointment is the best option.

24-hour Crisis Help

If you are experiencing a crisis, simply call toll-free, 24 hours a day, to speak directly with a counselor.

Counseling services can help with almost any problem, including relationships, family, stress, anxiety, and other common challenges.

1-866-750-1327
www.MyRBH.com
(Access Code: OEGB)

Work-Life Balance

Personal Advantage

Personal Advantage is a life balance website, accessible at MyRBH.com, that includes current articles on health conditions, tools for parenting, health assessments, health-topic movies, and other interactive tools. The site also provides access to more than 50 on-line trainings for personal and professional improvement.

Childcare Services

You have phone access to childcare professionals. These professionals can help provide information and support on school issues, parenting, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues.

Adult and Eldercare Services

Adult and eldercare specialists are ready to assist you in finding quality information and services including transportation, meals, exercise, activities, in-home care, daycare, prescription drug information, and housing.

Convenience Resources

You can save time away from work while making requests via phone, including resource retrieval for such things as: vacation planning, social events, household services, activities and events, meals, transportation, groceries, laundry, etc. RBH locates needed information within three business days of a call.

Legal Services

You have access to a free, half-hour consultation, by phone or in person, followed with a 25% discount in legal fees. *Legal services are not provided for any employer related issues.*

Will Preparation

Call to request a free, simple will kit. Once you complete the information, you return it for review by a legal professional.

Personal Mediation Services

You have access to free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate. *A discount of 25% is available if a professional mediator is retained.*

Financial Services

Call to access free telephone consultations for financial issues such as debt counseling, budgeting, and college or retirement planning. *A discount of 25% is offered if a CPA is retained.*

Home Buyer's Program

Financial professionals help home buyers make good choices when shopping for a new home and making financing decisions.

Identity Theft Services

Access free support in planning the recovery process for restoring your identity and credit after an incident.

Wellness

At MyRBH.com, you can take six easy surveys to gauge key areas of your life, including physical and emotional wellness, work satisfaction, health risks, and more.

After taking surveys, you will receive instant results including suggested goals to help work on areas needing improvement.

You also get the opportunity to privately communicate with others dealing with similar life issues and have access to private journaling and other useful resources. You can even challenge coworkers or family members to reach wellness goals.

This totally interactive experience provides reminders at opportune times about available services, such as face-to-face counseling or health coaching.

You'll also receive direct links to Personal Advantage, so you can quickly access educational information and tools that relate to your personal needs (no more searching through endless web content to find useful material).

Health Coaching

You have access to Health Coaches by phone and e-mail to help set and achieve personal goals. Coaching supports all types of life improvements, including losing weight, quitting smoking, exercising more, and positive living. You simply call the EAP to get connected with a Health Coach so you can start making healthy changes in your life.



Access the EAP

It's fast, easy, and confidential to access EAP services. When you call the EAP, you just need to provide your employer name and basic contact information, then friendly intake staff will assist in directing you to the services you need.

Call the EAP

1-866-750-1327

Call to request counseling services, access work-life resources, or to connect with a Health Coach.

During a **crisis**, you can call to speak with a counselor 24 hours a day.

Go On Line

www.MyRBH.com (Access Code: OEGB)

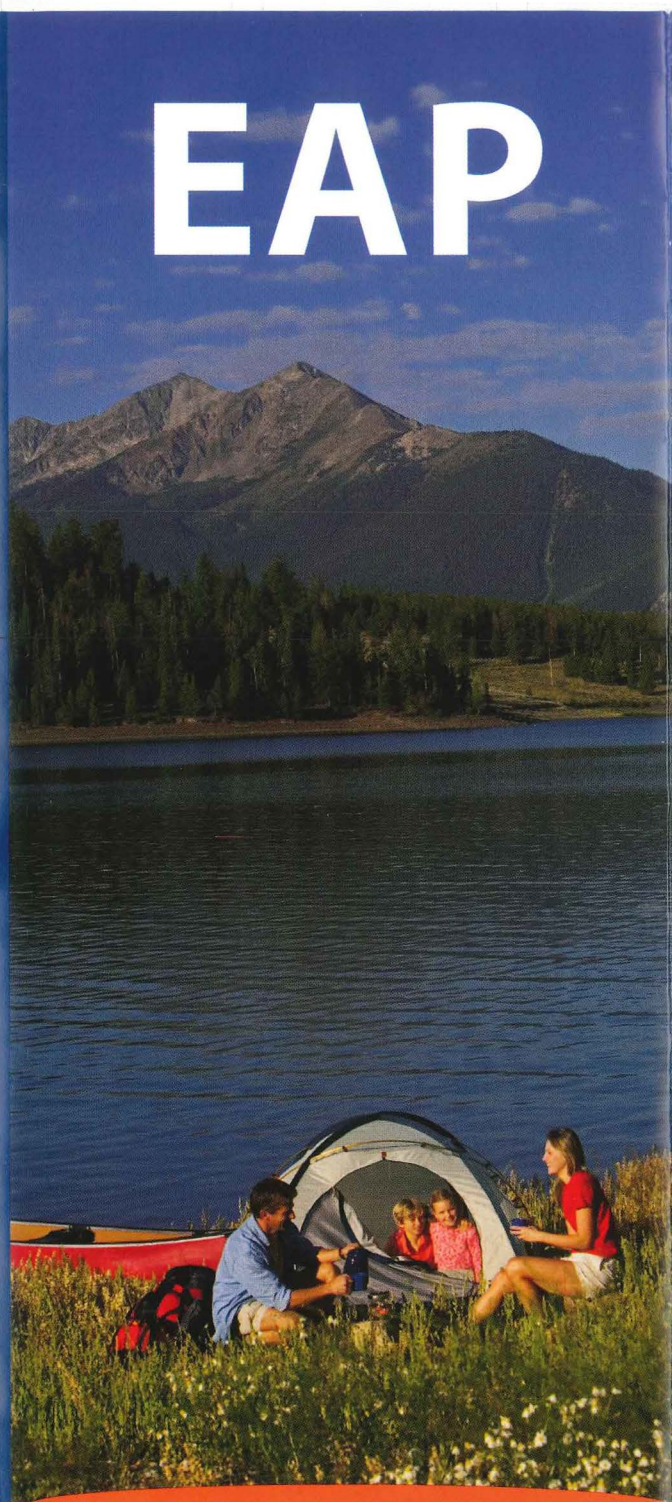
Take health surveys and access other member-driven wellness resources.



OREGON EDUCATORS
OEGB
BENEFIT BOARD

RBH
the road to better health

EAP



Employee Assistance Program (EAP)

What is an EAP?

An Employee Assistance Program (EAP) provides services to help people privately resolve problems that may interfere with work, family, and other important areas of life.

EAP services include counseling, work-life balance, and wellness resources, *described in more detail inside this brochure.*

As an OEGB member, there is no cost to you or your family members for using EAP services. In fact, anyone dependent on your income, regardless of age or where they live, and anyone living in your household, related or not, can access these services for free.

Services are always CONFIDENTIAL.

No private information is reported to your employer when you choose to use the EAP to improve your life.