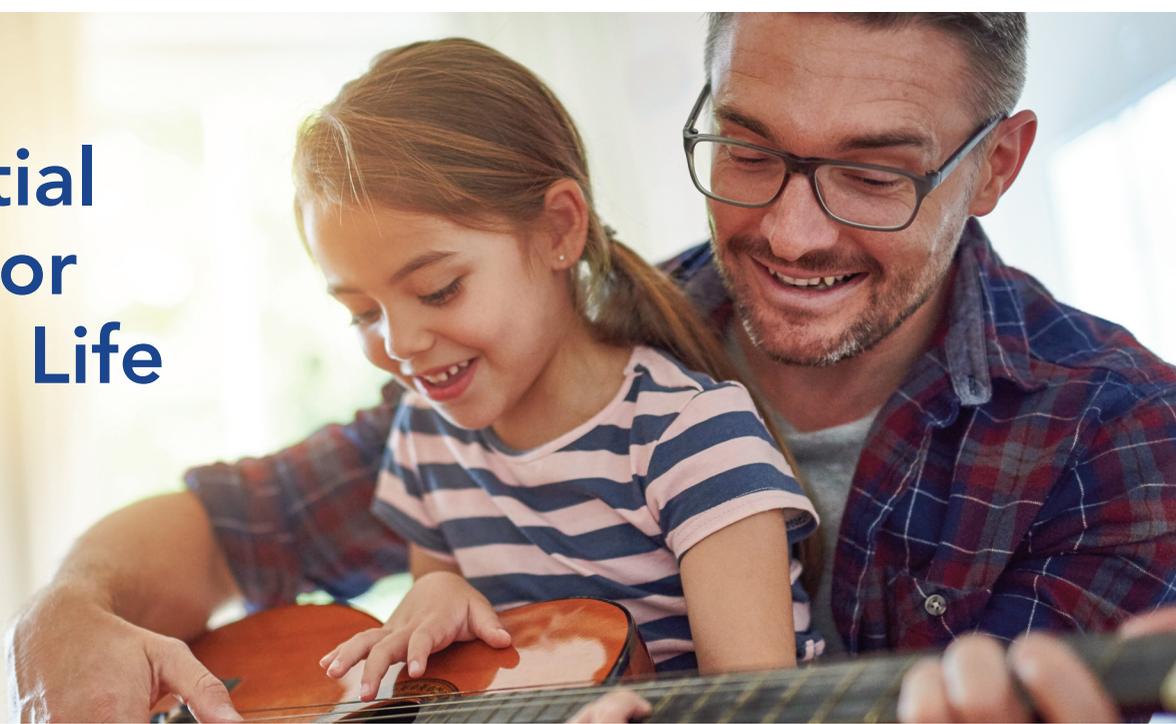


# Confidential Support for Work and Life



Life is busy. When you need help to manage it all, Horizon Blue Cross Blue Shield of New Jersey's Employee Assistance Program (EAP) is here for you.

When you call EAP or visit the EAP website, you can access legal, financial, stress management and relationship resources. The result? You and your family get the support you need when you need it.

You don't have to handle your concerns on your own. It's OK to ask for assistance. In fact, seeking help early enables you to take immediate control of your situation and can prevent small issues from turning into big problems.

## How Your EAP Works

- **Access is 24/7, and there's no cost to you.** Whether the issue is large or small, simply call **1-866-843-0980** or visit **HorizonBlue.com/eap** any time, day or night.<sup>1</sup>
- **EAP is staffed by professionals.** EAP professionals are highly trained and qualified and can provide you with information and resources relevant to your particular circumstances.
- **Your call is private.** Your personal information is kept confidential in accordance with federal and state laws.

On the following page are the services available through EAP as well as common topics EAP professionals are trained to handle.

*(Continues)*

Horizon Blue Cross Blue Shield of New Jersey complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, gender, national origin, age, disability, pregnancy, gender identity, sex, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

**Spanish (Español):** Para ayuda en español, llame al **1-855-477-AZUL (2985)**.

**Chinese (中文):** 如需中文協助, 請致電 **1-800-355-BLUE (2583)**。

<sup>1</sup> Specifics as to how many calls are allowed are determined by your plan. Check your plan information for details. Horizon Blue Cross Blue Shield of New Jersey is an independent licensee of the Blue Cross and Blue Shield Association. The Blue Cross® and Blue Shield® names and symbols are registered marks of the Blue Cross and Blue Shield Association. The Horizon® name and symbols are registered marks of Horizon Blue Cross Blue Shield of New Jersey. © 2017 Horizon Blue Cross Blue Shield of New Jersey, Three Penn Plaza East, Newark, New Jersey 07105.



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[HorizonBlue.com/eap](https://HorizonBlue.com/eap)

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### Counseling Services

Talk one-on-one with an experienced, licensed counselor for support with stress management, strengthening relationships, work/life balance, grief and loss and more.

You can access a counselor face-to-face or by phone – whichever is most convenient for you. As with all EAP services, your conversation will be strictly confidential.

### Legal Services

Get support for:

- Divorce
- Landlord and tenant issues
- Real estate transactions
- Wills and power of attorney
- Civil lawsuits and contracts
- Identity theft recovery

### Financial Services

Talk to a financial coach for guidance on:

- Saving for college
- Debt consolidation
- Mortgage issues
- Estate planning
- General tax questions
- Retirement planning
- Family budgeting

### Online Resources

Visit the website to access articles and tools such as videos, calculators and quizzes to help you improve your health and manage life events. You can also search for service providers in your area. The site is available in English and Spanish. Topics include:

- Depression
- Strengthening marriage and relationships
- Stress management
- Anxiety
- Conflict management
- Weight management
- Communication

### Always Available

Visit [HorizonBlue.com/eap](https://www.horizonblue.com/eap) or call **1-866-843-0980** for information and support whenever you need it.