

LifeSolutions Employee Assistance Program (EAP)

Free, confidential services for you and anyone living under your roof



An independent licensee of the Blue Cross and Blue Shield Association



Your **LifeSolutions Employee Assistance Program (EAP)** can help you and your household members resolve personal problems (marital, financial, emotional, family, substance/alcohol use) that may be affecting your life.

You can reach your EAP at **+1 833-210-1489** 24/7 to speak with a licensed care manager.

You'll be asked for:

- Your name, address, phone number, email address, and demographic information.
- Information on the issue that prompted the call.

Depending on the nature of your call, the care manager will:

- Start immediate crisis intervention.
- Schedule an in-person coaching or counseling session and/or give you community resource information.

This benefit is available at no cost to you and anyone living under your roof. And of course, whatever you discuss is completely confidential.

The best times to call are weekdays from 8 a.m. to 5 p.m. If you call after hours, you'll receive support for urgent issues, if needed, or a return call from a care manager on the next business day.

Nondiscrimination statement

UPMC Health Plan¹ complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or gender expression.

¹UPMC Health Plan is the marketing name used to refer to the following companies, which are licensed to issue individual and group health insurance products or which provide third party administration services for group health plans: UPMC Health Network Inc., UPMC Health Options Inc., UPMC Health Coverage Inc., UPMC Health Plan Inc., UPMC Health Benefits Inc., UPMC for You Inc., Community Care Behavioral Health Organization, and/or UPMC Benefit Management Services Inc.

Translation services

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-869-7228 (TTY: 711)。



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