

LIVE HEALTHY WITH THE EAP

Free. Fast. Confidential.

The EAP (Employee Assistance Program) helps you **privately solve** problems that may interfere with your work, family, and life in general. EAP services are **FREE** to you, your dependents, and all household members. EAP services are always **confidential** and **provided by experts**.

CONFIDENTIAL COUNSELING

24-hour Crisis Help – toll-free access for you or a family member experiencing a crisis. 866-750-1327

In-person Counseling – up to **3** face-to-face counseling sessions are available for each new issue. Simply call for access to qualified, local counselors who can help you with a variety of problems such as family, parenting, relationship, stress, anxiety, and other challenges. 866-750-1327

Online Consultations – convenient access to online consultations with licensed counselors through RBH eAccess at MyRBH.com. Online consultations are a great way to try counseling for the first time or to get support even when time is limited. www.MyRBH.com

WORKSITE SERVICES

All supervisors have convenient access to phone consultations and online resources. Onsite services (e.g., critical incident response, topical trainings) are available on a fee-for-service basis.

MYRBH.COM

Access current health news, tools for parenting, health topic movies, wellness resources, financial calculators, legal forms, and over 50 online trainings.



MyRBH.com | 866.750.1327

LIFE-BALANCE RESOURCES

Health Coaching – available to support positive changes such as losing weight, exercising more, reducing stress, and improving life in other ways; coaching is free, private, and available by email or phone.

Childcare Services – information and support on parenting, school issues, adoption, teenager challenges, summer camps, daycare, and other important issues for parents.

Adult and Eldercare Services – assistance in finding quality information and services including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.

Legal Services – access a free, half-hour consultation, by phone or in person, for any non-work related issue, followed with a 25% discount in legal fees.

Financial Services – access free phone support for up to 30 days for each new financial issue, such as debt counseling, budgeting, and college or retirement planning.

Mediation Services – request free consultations for personal, family, and non-work related issues such as divorce, neighbor disputes, or real estate.

Will Preparation – receive a free will template to complete in your own time, then just have it signed and notarized in accordance with your State's laws.

Home Ownership Program – get free support and information about making smarter choices when shopping for a new home; making financing decisions; relocating; or selling a home.

Identity Theft Services – access support in planning the recovery process for restoring your identity and credit after an incident.



MyRBH.com
access code:
OEBC



Your EAP can help you plan for all things college including:

- › College Searches
- › Establishing a Major
- › College Searches
- › Financial Aid Forms
- › Scholarship/Grant Searches
- › Resume Guides
- › Admissions Boot Camp
- › Campus Visits
- › Student Positioning Sessions
- › Designated Consultant
- › Monthly Tele-Conference
- › Topic Specific Webinars
- › SAT/ACT Prep Course
- › Essay Writing Assistance

Access Online Resources

Access the College Planning website at ibhcollege.com to learn more about the benefit or to schedule your free one-on-one consultation.



College Planning Program

Maximize your student's FREE money, minimize your college costs.

RBH, your Employee Assistance Program (EAP) understands and appreciates that many parents and students are stressed when it comes to planning for, and paying for college. That is why we have partnered with College Planning USA. Their goal is to help you lower your stress levels when it comes to planning for and paying for college.

The Best Fit for Your Student

The College Planning Program can help you find the best college for your student, based on academic, social and financial fit. Your student ends up with the best education at the best price. You will:

Lower Stress	Maximize Scholarships and Grants
Save Time/Money	Minimize Your Costs/Out of Pocket Expenses
Save Effort	Minimize College Related Debt

Free Consultation

Arrange your free 15-minute consultation with a college planning specialist by calling 866.750.1327. They can assist with career searches, college searches, financial aid, scholarships, grants and more. The benefit includes a 40% reduction in fees for RBH participants who decide to continue with the program.