

This last year has been a tough one for everyone. **As an employee of Methodist Health System you have availability to some excellent resources through your benefits, including the Employee Assistance Program.** EAP is available to help with any of life's unexpected issues. EAP professional counselors are available to provide assistance to you and your benefit eligible family members. [EAP Brochure](#)

Counseling sessions are online and are FREE (see back of this brochure for your specific info. and login information.) There are a variety of other resources including webinars and articles which are all free for you to use - some of the various articles are featured below.

ARTICLES

Compounded Loss During This Pandemic Uncharted waters... Throughout the last couple of months I've been feeling a little off. This strange feeling of loss has kind of snuck up on me and it finally dawned on me that I'm feeling grief. Grief is what we call that process we go through with loss. Usually we associate grief with the death of a loved one, but it can really be about anything related to loss. [Read more](#)

Are you in a COVID State-of-Mind? Feeling anxious? Depressed? We're deep into the pandemic, and cracks in our mental health are showing. Most people are experiencing symptoms of depression, anxiety and stress. So, what can we do about it? The most common strategies for dealing with stress and anxiety are coping and distracting — so looking for hobbies or going to work helps to keep the mind from thinking about something other than the pandemic. [Read more](#)

Life After COVID-19: Planning for Success Many of us have been working remotely for several weeks now and the time to return to the workplace is on the horizon. This may be a relief or it may be far harder than you expected. The following tips will help ease your transition, whether you are excited, a bit anxious **or** BOTH! [Read more](#)

Returning to Work as COVID-19 Restrictions Ease While each of our lives has been altered and directly impacted, returning to work may cause a range of challenges, reactions and emotions. Some employees may have anxiety about returning safely or finding child care. Others may be tired of being at home and welcome the opportunity to return. [Read more](#)

For access to Best Care Today with more articles on COVID-19, Family Health, Mental Health, and Healthy Lifestyle, etc. [click here](#).

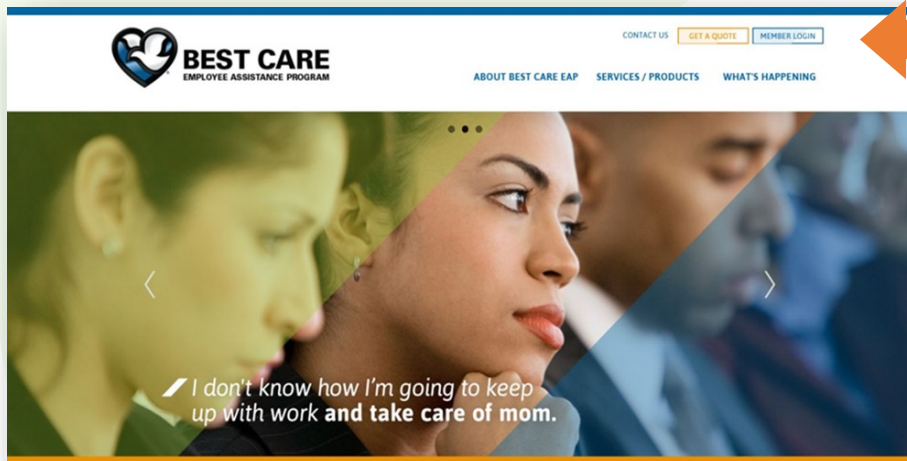


BEST CARE EAP

[402.354.8000](tel:402.354.8000)/[800.801.4182](tel:800.801.4182)/eap@bestcareep.org/BestCareEAP.org

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Employee Assistance Program (EAP) Summary of Services for METHODIST HEALTH SYSTEM



Log into BestCareEAP.org to view your benefits from your company landing page.

LOGIN CODES:
MEMBER ID - bcMEe
PASSWORD - ME

Short Term Counseling Best Care Employee Assistance Program provides confidential counseling for any kind of personal or job issue including: stress, marriage/relationship, family, work/life balance, addiction and recovery, grief and loss, parenting, depression and anxiety.

The program provides up to **five (5) counseling sessions** for you or your eligible family members per year. Some situations may require the use of on-going or specialized support. In this case, your Best Care counselor will work with you to find the most appropriate and cost effective resource. Any fees related to using that resource then become your responsibility.

Eligibility All eligible employees can receive assistance and counseling through Best Care EAP. Your benefits eligible dependents may also take advantage of Best Care EAP services.

Training and Wellness Resources Best Care provides a comprehensive web site including numerous health and wellness articles and webinars.

Confidential Your use of Best Care EAP counseling is completely confidential. Information cannot be shared with anyone (including your employer) without your written permission, unless otherwise required by law.

Cost Effective Best Care EAP services are purchased by your employer, and are available to you at no cost.

Convenient Day, evening and weekend appointments are available to meet the needs of your busy schedule. Sessions are available in person, online or over the phone. Crisis and emergency services are available 24 hours a day, 7 days a week.



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