

Samaritan Employee Assistance Program (EAP)

Platform EAP

The Samaritan Employee Assistance Program (EAP)* has partnered with your employer for a free and confidential program that addresses a wide range of personal concerns. It can help address life stress, save you time, and generally improve quality of life for you and your family. With a wholistic approach, Samaritan's EAP includes personal wellness, face-to-face counseling, legal consultations, financial coaching and resource retrieval.

The Samaritan EAP Rider is an additional benefit purchased by your employer. Samaritan's EAP allows you to choose any licensed provider through our partner, Cascade Centers.

Confidentiality: All your information is kept confidential. Your employer will not be apprised of the fact that you have utilized your EAP benefit.

WholeLife Directions* is available as an additional Rider to accompany the Samaritan EAP.

Samaritan WholeLife Directions* compliments the EAP-covered benefit brought to you by your employer.

EAP Covered Benefits

Diagnosis and treatment planning through authorized providers

Up to 3 free sessions per unrelated incident for you and your insured dependent(s) as outlined in this Rider.

24 / 7 / 365 crisis telephone coverage

Staffed by professional counselors.

Work / Family / Life balance services

Child and eldercare, financial, identity theft and concierge resource retrieval, with reporting within 72 hours of initial call.

Legal / Mediation

Each covered member is eligible for one (1) initial 30-minute office or telephone consultation per separate legal/mediation matter (limit three per year). Discount of 25% from the attorney's/ mediator's normal hourly rate thereafter.

Financial

Each employee is eligible to receive telephonic financial coaching from certified financial consultants. In the event the employee continues beyond the initial free 30-day period, subsequent months are paid by the employee at a monthly fee.

Identity theft services

60-minute free consultation with a highly trained Fraud Resolution Specialist™ (FRS).

Free simple will kit

Cascade will send a will kit questionnaire directly to members, and then connects members with an attorney for review and preparation of a simple will. Additional estate planning services are billed with a preferred rate reduction of 25% from the attorney's normal hourly rate.



Samaritan
Health Plans

*Powered by Cascade Centers

Discounted services

"The Line" – A 24-hour anonymous advice line
Tax resolution assistance
Online legal resource center
Career development services
Text connect
Live instant chat
Life and parent coaching
Gym membership discounts
E-support – Live online virtual sessions through secure video or chat
Discounted pet insurance
Home ownership program – Assistance and discounts on services associated with selling, buying or refinancing a home.

WholeLife Directions

The Samaritan WholeLife Directions* provides you with a tool to assess your behavioral health needs. When we think about overall health we tend to focus on physical health, nutrition and relationships. Mental health is a missing piece that is often overlooked, and we often talk about it differently than we do physical health. The truth is anxiety, depression and other mental health concerns need attention just as a broken arm would. That is why your organization has teamed up with Samaritan WholeLife Directions* to provide the WholeLife Scale™. This toolkit gives you a snap shot of your mental health across nine different areas: stress, substance abuse, anxiety, depression, post-traumatic stress, sleep, work engagement, anger and relationships. This comprehensive mental health assessment is 100% confidential and can be completed within five to eight minutes.

Upon completion of your assessment you will receive a personalized report that will provide you with a better understanding of your mental health. From there, you can be connected directly with EAP services that can improve your quality of life and overall wellbeing.

Confidentiality: All your information is kept confidential. Your employer will not be apprised of the fact that you have utilized your EAP or the mental health assessment through WholeLife Directions.

WholeLife Directions Covered Benefits

Employee behavioral health risk assessment

Individual assessment results

In assessment referrals to [company] Samaritan EAP

Referrals to self-use therapy app

You can access any of the above services by contacting EAP. You will be connected to the appropriate resource to meet your needs.

Call 800-433-2320 • Text 503-980-1777 • Email samhealthplanseap@cascadecenters.com
cascadecenters.com/samhealthplanseap

