



Employee Wellness Resources

**GET HELP WHEN YOU NEED IT MOST.
SUPPORT IS JUST A PHONE CALL AWAY.**

Living and working abroad can be exciting, but it can also be tough. Adjusting to a new place means changing your daily routine, which can be stressful. It's important to take care of yourself and those around you. To help with this, your International Employee Assistance Program (EAP) offers a range of support services. This support includes emotional, practical and physical help for you and your dependents. These services are designed to make your transition easier and your assignments more successful.

Through your EAP, you can connect with trained professionals from around the world. These professionals are not connected to your employer. They follow strict rules to keep everything you share confidential. Your employer won't have access to any of your personal information.



Holistic Approach to Wellness

EAP services are here to support you and your family through different life events. We offer short-term solution-focused counseling to help with emotional, practical and physical challenges.* Below are some common issues that can affect your health, work and personal life. Often, these areas are connected and can influence each other. Stress from work can impact your home life, or health struggles can affect your ability to focus and stay motivated. We're here to help you manage these challenges in a way that works for you. Our services are designed to give you the support, tools and confidence to move forward and make things better.



Emotional

Everyone needs help with their feelings sometimes. It often helps to talk to a counselor or get some coaching. Emotions like anxiety, stress and anger can make problems worse. It's better to deal with them before they become more serious. You may need help with things like:

- Workplace conflicts
- Change in the workplace
- Death of a loved one
- Traumatic event
- Expecting a child
- Holidays and gatherings
- Illness



Practical

Personal problems can cause stress and make it hard to focus on work and daily life. Practical support helps with everyday things like finding a home, childcare and legal issues. It makes it easier to adjust when you're in a new place. We can help with things like:

- Personal growth
- Legal consultations
- Financial consultations
- Retirement
- Relocating/moving
- Elder care
- Dependent care (pre-school age, children and teens)
- Divorce
- Travel



Physical

Many people have trouble with nutrition, fitness, and managing stress. Our physical health can affect our mental well-being, so it's important to take care of our bodies. We can guide you in areas like:

- Wellness coaching
- Health assessment
- Nutrition
- Stress management
- Fitness
- Expecting a child



**Up to six sessions of counseling per issue, per year*



How do I access my EAP?

Get in touch with a counselor or wellness coach via:

- 1 **GeoBlue mobile app**
 - Select “Telehealth”
 - Select “Talk to a Counselor”
 - If looking for a wellness coach, request to speak with a wellness coach
- 2 **Wellness Portal**
 - Found in the Member Hub on www.geo-blue.com
 - Select “Wellness”
 - Click the link for the portal and select “Connect With Us” to schedule an appointment, live chat or request a counselor or wellness coach
- 3 **Phone**
 - **U.S. Toll-Free:** 1-877-249-4765
 - **Outside the U.S.:** +44-2089876228

The Wellness Portal also gives you access to wellness articles, webinars, recipes and more.

Allow GeoBlue to access your location while you use the app to enable the appropriate toll-free number to appear if one is assigned to your location.

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Services are provided by WorkPlace Options, an independent company that is not affiliated with GeoBlue and does not provide Blue Cross or Blue Shield products or services. WorkPlace Options is solely responsible for referring participants for counseling, coaching and work-life services and health assessments by providers who are appropriately licensed by local authorities. The evaluation and efficacy of any service delivered by a provider lies solely with the employee, spouse, dependent or other authorized party who inquires on behalf of those or other participants. GeoBlue shall have no responsibility or liability whatsoever for any aspect of the provider counseling, coaching, work-life services and health assessments or other similar services, or the counselor/participant relationship.

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