



Well-being

EMPLOYEE ASSISTANCE PROGRAM

Life can be tricky, but you don't have to go it alone. Boise Cascade's Employee Assistance Program (EAP) – administered by Magellan Health Services – is here to help.

Help when you need it

You and your family members have access to professional, confidential assistance – at no cost to you:

- **Up to eight (8) counseling sessions, per person, per year, per event** (topic/concern)
These face-to-face counseling sessions can help you resolve personal, family, or work-related concerns – both large and small.
- **Legal and financial consultation**
Need expert advice on will preparation or real estate transactions – money management or saving for college? Take advantage of an initial legal and/or financial consultation.
- **24-hour telephone assistance**
Since issues arise all hours of the day, the toll-free EAP line is available 24 hours a day, 7 days a week, 365 days a year.

There's more

When you login to Magellan's website, you have access a variety of tools and resources:

- Monthly live webinars and podcasts
- Health and wellness articles
- Self-assessments, tools and calculators
- "LifeMart" discount center (a chance to save up to 40% on a wide range of products and services)
- "Live Chat"

Getting started

- Call 800-424-1833 (toll-free) or visit magellanhealth.com/member.
- If you have questions or concerns about your EAP benefits, HR Services can help: Call 800-237-3459 or email hrrservices@bc.com.