



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 have access to professional, confidential assistance – **at no cost to you**:

- **Up to eight (8) counseling sessions, per person, per year, per event**
To help you resolve personal, family, or work-related concerns. No issue is too small.
- **Legal and financial consultation**
To provide you with expert advice regarding a wide range of issues, including will preparation, real estate transactions, money management, and saving for college.
- **24-hour telephone assistance**
To help you whenever you need it most – 24 hours a day, 7 days a week, 365 days a year.
- **Work-Life Program**
To provide you with consultation and referrals for issues related to childcare, parenting, pregnancy, adoption, adult care, aging, education, and other day-to-day life issues.

Online tools

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

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

Getting started

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