



Life Happens. We can help.

The purpose of this letter is to remind you of WellSpan Employee Assistance Program. This benefit is available to all employees & eligible family members of Johnston Construction Co..

To schedule an appointment:

Visit us on the web
www.wellspaneap.org
for a listing of WellSpan EAP providers.

You can call the office directly to schedule an appointment.

Mention you want to use WellSpan EAP and provide the name of your employer.

When scheduling, you will be asked your insurance in case you go beyond your three (3) free visits.

Or if you would like assistance in scheduling, call us toll free at 1-800-673-2514.

We're here to meet your needs!

If you have any customer service issues or have feedback regarding your experience, please call:

1-866-227-6527
(M-F, 7:30 am-4:00 pm)

WellSpan EAP offers **free confidential** counseling to help employees and their dependent family members identify and resolve personal and workplace challenges. Demands and pressures can cause anyone to experience problems from time to time. Some problems can be solved alone; others require help. For those times, WellSpan EAP is here to help! Challenges can adversely affect our well-being, job performance, home life and health. Don't delay, call today.

Our licensed professionals address a wide range of personal and workplace issues, including:

- Stress
- Depression
- Marital & relationship issues
- Family & child issues
- Anxiety
- Alcohol & drug use
- Work/life balance
- Grief & loss
- Managing change
- Other life problems



Who are the staff associated with WellSpan EAP?

WellSpan Employee Assistance Program has a diverse network of licensed therapists, counselors and psychologists who provide face-to-face assessment, short-term counseling, referral and follow-up services. Our expanded network promotes a variety of locations and timeliness of appointments.

What is the cost of the EAP?

All full and part-time employees, spouses and their eligible dependents receive three (3) EAP counseling sessions per person, per year at no cost. You do not need medical insurance or need to carry other benefits offered through your employer to use the EAP. There are no co-pays or deductibles. You do not have to sign up for the EAP, you are automatically enrolled.

What if I want to continue treatment beyond my EAP coverage?

Some individuals may choose to continue in treatment beyond their EAP coverage. In these cases, your EAP counselor can explain your options. In many cases, this means you will continue in treatment through your medical insurance plan coverage.

What about Confidentiality?

WellSpan EAP strictly adheres to federal, state and professional laws and ethics. **No information regarding your participation with WellSpan EAP will be shared with your employer or your family without your written consent** (except in extreme cases of danger to self or others). You can get help for your private issues and keep them private.