



# EAP Summary of Services

A benefit for you and your family members provided by Bend Chamber of Commerce Health Plans

The Employee Assistance Program (EAP) is a **FREE** and **CONFIDENTIAL** benefit that can assist you and your eligible family members with any personal problems, large or small.

## Personal Consultation with an EAP Professional

Four (4) counseling sessions face to face, over the phone, or online for concerns such as:

- Marital conflict
- Conflict at work
- Depression
- Stress management
- Family relationships
- Anxiety
- Alcohol or drug abuse
- Grieving a loss
- Career development services

## Work / Family / Life

Cascade will help locate resources and information related to Eldercare, Childcare or anything else you may need.

## Legal Consultations / Mediation

Call Cascade for a free 30 minute office or telephone consultation. A 25% discount from the attorney's/mediator's normal hourly rate is available thereafter.

## Financial Coaching

Coaches will provide 30 consecutive days of financial coaching to help develop better spending habits, reduce debt, improve credit, increase savings, and plan for retirement.

## Identity Theft

This service provides members with a free 60 minute consultation with a Fraud Resolution Specialist™ (FRS) who will conduct emergency response activities and assist members with restoring their identity, good credit, and dispute fraudulent debts.

## Home Ownership Program

Assistance and discounts for buying, selling, and refinancing.

## Life Coaching

Three (3) telephonic sessions with a master's degree level coach, focusing on setting achievable goals, identifying barriers and making a plan to achieve those goals.

## Pet Parent Resources

We offer free pet information and support, including pet insurance discounts, new pet parent resources and bereavement support.

## Wellbeing Tools

- Will Kit Questionnaire
- Online Legal Tools
- Tax Preparation Q&A and discounted services
- Gym Membership Discounts. Visit: [globalfit.com/cascadeEAP](http://globalfit.com/cascadeEAP)

## EAP Member Site

Innovative educational tools, chat for support, take self-assessments, view videos and webinars, access courses, download documents and more. Access at [www.cascadecenters.com](http://www.cascadecenters.com), click 'Member Log-In', register as a new user or log-in. Enter **Bend Chamber of Commerce** or **BCOC** for company name when you register.

Crisis Counselors are available **24/7/365**

# Cascade's Comprehensive Employee Assistance Services



**Your Success is Our Compass!**