



The Jefferson Health Plan Employee Assistance Program (EAP)

We're here for life's challenges

No problem is too big or too small. Receive no-cost confidential support today.

Counseling

Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends.

Sessions are strictly confidential.

Legal and financial services

We can help you find discounts on legal and financial services and assist you with having a safe, confidential discussion with an expert.

Work/life support

Get connected with resources and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance, and daily living.

Visit the Employee Assistance Program website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges.

carelonwellbeing.com/jhp | 877-233-0976





Scan this code to
Schedule Your
Call

Take the Call Today ... for a Healthier You Tomorrow!

In conjunction with your health plan and Jefferson Health Plan, HealthReach is a program to help you stay healthy and optimize your medical care.

HealthReach Care Management is simple, easy, and flexible with your schedule. Your dedicated Nurse Care Manager can help you set health goals, prevent future health complications, explore new treatment plans, and more.

To help you become the best possible you, we are offering the HealthReach program to you, free of cost! If you are contacted by a Nurse Care Manager from HealthReach via mail or phone, we highly encourage you to take the call and participate in the program.

By taking the call today and speaking with a Nurse, HealthReach can help you stay healthy and feel your best!

It's as easy as ...

- 1** Take the call
- 2** Speak with your nurse
- 3** Take control of your health



Jefferson
HEALTH PLAN

 **HealthReach**

Call Us For More Information!

800-582-1535



Your HealthReach Nurses



Focused on your total well-being!

This free service from your employer provides dedicated nurses focused on supporting you to help slow the progression of existing issues and prevent new ones.



Dedra Green
BSN, RN
HealthReach Nurse
Care Manager



Sue Wettrich
BSN, RN
HealthReach Nurse
Care Manager

Members, spouses and dependents over 18 years old can work with a HealthReach Nurse Care Manager for free.

This exciting program provides you with:

- Personalized coaching from your dedicated Nurse Care Manager
- Conversations at times convenient for you, based upon your schedule
- Education materials and resources on any current condition
- Assistance in meeting personal wellness goals
- Support in becoming a healthier you!

How will we connect?

FIRST

Receive letter from your nurse

Your Nurse Care Manager sends a letter introducing themselves and the program and lets you know that they will call you soon.

SECOND

Receive phone call from your nurse

When your nurse calls you to discuss the program, take the call. The phone number will appear as a (410) area code from Ohio. She can enroll you if you decide to join the program.

All aspects of HealthReach are confidential and not shared with your employer.

Or you can self enroll:

- Call us at (800) 582-1535
- Or scan QR code to schedule

