

# EAP resources for you.



We understand the concern and uncertainty you may be experiencing surrounding COVID-19 and as MedStar's Employee Assistance Program (EAP), **we are here for you.**

Our Care Coordination team is prepared to take calls from associates or household members who are experiencing stressors or anxieties related to COVID-19. BHS Care Coordinators are available 24/7 to provide in-the-moment support and connection to care, including short-term counseling support, as needed.

BHS continues to offer free financial consultation, childcare resource location, eldercare resource location, legal consultation, convenience care resource location, and well-being coaching resources for you and your household members. If you are feeling overwhelmed, **we are here for you.**

We encourage you to download the free BHS App in the App Store or Google Play to provide quick and easy access to BHS. You can use the App to:

### Call and Access Services

Access the **MyBHS Portal** (Username: "MedStar")  
Fill out an Online Request Form for Services found at the top of the Resource Library.

### Ask a Question

You can also visit the MyBHS Portal to access the latest available resources including a special webinar, **COVID-19 Facts You Need to Know.** This portal is continually being updated with

additional information and resources. You also have access to resources and tips related to financial concerns, coping with trauma, workplace health and safety and talking to children about the virus.

For leaders who need assistance for preparing for changes in the workplace or supporting your associates, our Performance Consultants are available to provide guidance and resources at **866-594-7292.**

### BHS is here for you.

Please call **866-765-3277** to speak with a Care Coordinator today.



**It's how we  
treat people.**