

Work With a BHS Well-Being Coach



Free and confidential well-being coaching is provided by BHS, your Employee Assistance Program (EAP). A BHS well-being coach will gather information about your health, personal and professional goals and work with you to create a personalized action plan in a judgement-free environment. Connect with a BHS coach by reaching out via any of the following options.

1

Call or Text 800-327-2251

Call or Text BHS to ask a question about the program and/or provide basic information about your interest in working with a coach. After the initial intake, by a care coordinator, you'll be connected with a coach and/or other available services based on your needs.

All texts will be answered within one (1) business day.*



2

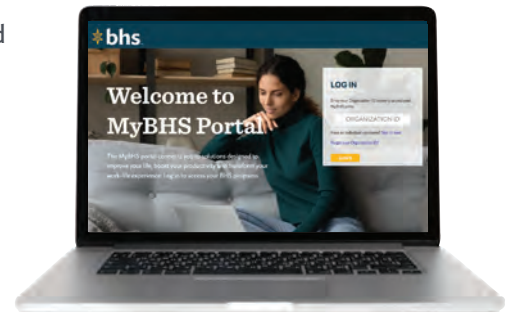
portal.BHSONline.com

The MyBHS Portal provides access to services, contains information about your program and offers unlimited access to thousands of tools, resources and trainings on a variety of well-being and skill-building topics.

Connect with a BHS Care Coordinator

Live Chat connects you with an available BHS representative to answer questions, provide in-the-moment support or to initiate services.

Or, fill out the **Service Request Form**** and a BHS representative will respond within one (1) business day.



3

The BHS App

One-touch Dialing - Call our toll-free number 24/7 to speak with a BHS Care Coordinator for urgent needs.

Ask a Question - Submit a question or request services and a BHS representative will respond within one (1) business day.

Access the MyBHS Portal - Contains information about your program and unlimited access to thousands of tools, resources and trainings on a variety of well-being and skill-building topics.



* Text messages are answered during regular business hours, Monday-Friday 8 a.m.-8 p.m. ET, excluding holidays. Text users must be 18 or older. Not available for California residents. Text services are not intended for emergencies or urgent issues - please call 9-1-1 or 800-327-2251 for immediate help.

**Individuals under the age of 18 are invited to call our toll-free service line to request services in lieu of online requests due to age of consent laws that vary by state.

