



Welcome

Members & Dependents

DID YOU KNOW?

As a participant, you now have an exclusive benefit available for you and your eligible dependents.

Personal problems reach everyone at one time or another; it is your response that makes the critical difference. Letting those problems go unresolved could lead to stress, anxiety, depression, poor work performance, family instability and reduced overall health. As a participant, you and your eligible dependents now have someone to help when personal problems interfere with home and work life; Beat It! Employee Assistance Programs.



WHAT IS AN EAP?

Beat It! Employee Assistance Programs, as part of your health plan benefits, have teamed to develop an easy to use, confidential benefit to assist you or your eligible dependents with issues such as substance or alcohol abuse, mental health, and many other issues that can dramatically affect your home and work life.

Beat It! Employee Assistance Programs provide you solutions in resolving problematic issues. With over 30 years experience within the skilled trades, Beat It! understands better than anyone your unique needs and has the resources available to address any concerns.

IS IT CONFIDENTIAL?

All Beat It! personnel, its affiliates, providers and staff are bound by strict federal confidentiality statutes and cannot release any information without your prior written consent.

HOW DO I GET HELP?

Getting advice or assistance is as easy as picking up the phone, and call...

1.800.828.3939

Contact an employee assistance professional today, who will help identify potential problems, assess your needs and guide you to a quick resolution, resource or refer you to a treatment specialist.

WHAT ABOUT TREATMENT PROVIDERS?

We have an extensive network of thoroughly qualified and vetted providers and resources that are knowledgeable, effective and experienced in addressing situations similar to yours. A full range of treatment facilities, programs, counselors and professionals are available to meet your needs.

Services Available Include:

- Residential Inpatient
- Intensive Outpatient Programs
- Individual Therapy
- Professional Referral

WHAT DOES IT COST?

In most cases, these services, as part of your health plan, are available at minimal direct cost or co-pay. Please consult your health plan booklet or your plan administrator for specific detailed information.

NOTE: ALL SERVICES MUST BE PRE-AUTHORIZED THROUGH BEAT IT! EMPLOYEE ASSISTANCE PROGRAMS.