

## What is YourEAP?

YourEAP provides immediate assistance when you face an everyday challenge. Assessments, information, planners, and calculators available online bring you practical options and solutions.

A telephone consultation with an EAP Clinician makes it easy to get help for more serious situations.

## A No-Cost Service from Blue Cross and Blue Shield of Kansas City

Through a special arrangement with New Directions, YourEAP is a new service for you and your immediate family living with you. You pay no out-of-pocket costs for these services.

By using YourEAP, you now have expanded services to help you resolve day-to-day problems.

Information and assistance at your fingertips gives you a new, powerful way to reduce daily stress.



## Introducing YourEAP

An employee assistance  
program from  
New Directions



**913-982-8281**

**866-860-8742**

**[www.ndbh.com/youreap](http://www.ndbh.com/youreap)**

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# YourEAP - an employee assistance program from New Directions

[www.ndbh.com/YourEAP](http://www.ndbh.com/YourEAP)

A Web Site Designed for You

## Personal Directions

Need information about a legal or financial problem? What about help with parenting or knowing how to help an elderly loved one? Personal Directions provides all this and more.

Information, calculators, personal planners, videos, and self-assessments in the areas of Health, Behavioral Health, Legal, Financial, and Balanced Life await you online. Simply go to Personal Directions and register a user name and password.

## e-Directions

Brief and "easy to digest" information that comes direct to you by email on a weekly basis about one of four topics:

- **Healthy Body Healthy Mind** - learn how you can use your personal mind/body connection!
- **Stress Management** - ways to manage the everyday stresses in your life!
- **Parenting** - information to help parents from birth through adolescence!
- **Relationships** - learn more about creating good relationships at home and work!

## Telephone Consultation to Help Resolve Every-Day Challenges

YourEAP offers you one telephone consultation with an EAP Professional each year.

An EAP Professional can help you find options to challenges at home and work. Many people call us to find solutions for:

- Workplace Difficulties
- Relationships
- Children and Family
- Healthy Lifestyle
- Stress Management
- Emotional Upsets
- Legal and Financial Concerns
- Alcohol and Drug Problems

Call us, 24 hours a day, 365 days a year for information, help with problem solving, and available local resources. Your concerns will be treated with confidentiality consistent with all state and federal mandates.

To schedule a consultation, call

**(866) 860-8742**

or

**(913) 982-8281**