



# BlueAssist

## Member Assistance Program

### Someone to talk to

Life is full of challenges. BlueAssist offers valuable resources that may be able to help members balance responsibilities at work with the demands in their personal life. If members need to talk about a personal situation, want some problem solving advice or help finding a mental health or substance abuse professional, our counselors are available 24 hours a day, seven days a week.

### Professional, confidential assistance

BlueAssist offers confidential services by licensed professional counselors at no additional charge. By calling a toll-free 24-hour number, members can receive guidance for a wide variety of issues — from everyday stress to more serious emotional concerns. BlueAssist professionals are available to help members cope with a variety of issues that impact their lives at work and at home, including:

- Change or stress
- Family life transitions or conflicts
- Grief and loss
- Alcohol and drug abuse
- Financial and legal concerns

### Online resources

Through our secure Web site, members can access an online library of valuable articles covering mental and physical health, relationships, substance abuse, aging and workplace issues — as well as links to a legal and financial resource center and other valuable Web resources.

### Help solving problems

BlueAssist provides confidential, professional consultation, suggestions and referrals when problems get in the way of work, relationships and life. Helpful information and resources are just a phone call or mouse click away.

Whichever way a member decides to contact us, we're here to help.

Services are special resources available to members. These services are not medical plan benefits and are not eligible for BCBSMo benefit payments. This program can be changed or discontinued at any time, without notice.