



Here4TN Employee Assistance Program & Behavioral Health Benefits Overview

Here4TN provides confidential, 24/7 support for covered employees and family members, including resources for emotional well-being, work-life balance, financial health and behavioral health. Key benefits include up to eight no-cost counseling sessions per issue, per person, each year, available by phone, video or in person, with seamless access to longer-term care through behavioral health benefits.

Through Emotional Wellbeing Solutions, a next generation employee assistance program, you have access to:

- Up to eight no-cost counseling sessions per issue, per year
- First call provider search to find an in-network provider
- WorkLife Services for parenting, eldercare, caregiving and daily life challenges
- Calm Health for stress relief, better sleep and mindfulness support
- Take Charge at Work coaching to help manage stress and improve work-life balance
- Virtual Behavioral Coaching for stress, anxiety and depression
- Uptime app for on-the-go learning with quick five-minute lessons from leading books, podcasts and more
- Financial well-being resources, coaching, calculators and tax-preparation discounts
- Legal consultations, mediation services, identity theft support and discounted legal services

Behavioral Health Services provide access to:

- In-person and virtual therapy
- Psychiatry visits
- Substance use assessment, referrals and treatment support
- Preferred substance use treatment facilities at lower costs

Connect with Here4TN 24/7

Call 1-855-Here4TN (1-855-437-3486) or [visit Here4TN.com](https://www.here4tn.com)

Live chat is available Monday through Friday, 8:30 a.m. to 3 p.m. CT

Please review plan details carefully.

If there are any differences between the information contained here and the plan document, the information in the plan document takes precedence.