

How the EFR works:

- Access is easy and there's no cost to you. Whether the issue is large or small, simply go online or call the toll-free phone number on this brochure any time, day or night.
- Staffed by professionals. EFR professionals are highly-trained and qualified. The information you receive is accurate, up-to-date and relevant to your particular circumstances.
- Your call is private. Your personal information is kept confidential in accordance with federal and state laws.
- EFR counselors are available 24 hours a day, 7 days a week. Whether your concern is big or small, don't hesitate to call.

Employee and Family Resources (EFR) Program

Confidential counseling and work/life support services for YNHHS employees and family members:

- | | |
|-------------------------|-----------------------------|
| - Work/life balance | - Stress/anxiety/depression |
| - Healthy relationships | - Financial/Legal |
| - Family/parenting | - Alcohol/substance use |
| - Child and elder care | - Convenience services |

Services provided by Beacon Health Options

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The Employee and Family Resources program upholds strict confidentiality standards. No one will know you have accessed the program for any services unless you specifically grant permission or express a concern that presents the program with a legal obligation to release information.

Call toll free 1-877-275-6226 (24/7)

To access the EFR website, go to:
ynhhs.mybeaconwellbeing.com



This brochure is for informational purposes only for Yale New Haven Health employees and their dependents and household members. Beacon Health Options services do not replace medical care. In an emergency, seek help immediately.

Employee and Family Resources Program

Offering confidential counseling and work/life support services for YNHHS employees and family members.



Employee and Family Resources (EFR) Program

The Employee and Family Resources (EFR) program is YNHHS' employee assistance and work/life program designed to help all employees, their families and other household members thrive. EFR is provided by a national employee assistance platform called Beacon Wellbeing. EFR's new, enhanced website makes it easy to access support the way you prefer – online, by phone or in person.

How can the EFR help you?

Call the EFR for guidance and support managing work and life, including:

- Strengthening relationships
- Achieving personal goals
- Finding care for an aging relative or child
- Sorting through legal matters
- Guidance for alcohol, drug, gambling and related concerns
- Resolving conflicts
- Working through grief or loss
- Improving health such as weight loss or quitting smoking
- Planning for a strong financial future
- Improving communication skills
- Planning for life events such as a marriage or birth of a child
- Coping with stress, anxiety or depression
- Parenting questions or concerns

Benefits of the EFR include:

Work/Life Services – resources and referrals for everything for your home and family.

- Child care, parenting, family and education support
- Elder care and caregiver support
- Travel, recreation, entertainment resources
- Find home repair, pet care, moving, consumer services

Confidential Counseling – face-to-face, by phone or video.

- No copay, up to six (6) free sessions per issue
- Experienced, licensed counselors in many convenient locations
- Easy access and fast service, appointments available within days

Legal and Financial Assistance

- Free initial consultation with attorneys and financial specialists
- 25% discount off attorney's fees if retained after initial consult
- 30 days of free financial coaching – ask for MySecure Advantage

Online Resources – new, enhanced website, ynhhs.mybeaconwellbeing.com.

- Articles, videos, calculators, quizzes, webinars and self-search locators to help improve your health and manage life events. English and Spanish versions available.
- Locate EFR counselors and schedule phone and video sessions online.

Choose how you want support – by video, by phone or in person.

Here are some important details about EFR:

- There's no cost to you and it's totally confidential.
- Employees, dependents and others living in your household are eligible to use the program.
- To access services, call 1-877-275-6226 or visit ynhhs.mybeaconwellbeing.com.

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