



PHMC Supports Employees and Family Members Facing Substance Use Disorders

PHMC is committed to providing you and your family with the tools, resources and health benefits you need to live your most healthy and balanced life.

Employee Assistance Program and Work-Life Balance Initiative

Did you know that PHMC's Employee Assistance Program (EAP) and Work-Life Balance initiative through UNUM can help you or a family member address a substance use problem, including opioid use?

The EAP and Work-Life Balance initiative is a personal, confidential and easily accessible tool for all PHMC and subsidiary employees, spouses, dependent children, parents and parents-in-law.

The program offers information and connections to resources including:

- Accessing a Licensed Professional Counselor.
- Learning signs and symptoms of a substance use problem.
- Obtaining help to cope with underlying stress and triggers.
- Locating in-network providers specializing in addressing substance use.
- Finding community support resources.

Log onto unum.com/lifebalance | Phone: 800.854.1446, 24-hours a day / 7 days a week

Health Benefits

Through PHMC's health care plans with Independence Blue Cross, you or a loved one can access the care you need for a substance use disorder or opioid use disorder. The plan includes access to:

- Medication-assisted treatments such as methadone, Vivitrol®, and Suboxone®.
- In-network mental health care providers, specialists and therapists from a network of more than 5,000 behavioral health care providers.
- Access to Naloxone without a prescription.
- Full range of in-patient and out-patient treatment options, including residential treatment.

Contact Independence Blue Cross by calling 1.800.688.1911 to determine what treatment options your plan specifically covers for you and your family.

To learn more about the benefits available to you and your family, call the PHMC benefits representative at NFP 866.521.8543.