

# Your EAP|Here4TN! for you and your family

## Time is Running Out!

Your opportunity to register for the Be Well At Work program is nearly over. Make sure you register for this important health benefit as soon as possible!

Problems such as stress and depression are common and without proper care can lead to further decline in health and quality of life. Stress and depression take a large toll on many of us, leaving us feeling less interested and engaged and less able to perform effectively.

Be Well at Work is an easy to use, evidence-based program that has been shown to be effective. Compared to typical care, the Be Well at work program results in:

- restored mental well-being
- reduced stress with new and effective coping skills
- increased focus and energy

After taking the brief screening, you will be given immediate results. If you qualify, all services are provided privately by telephone at times that are convenient for you. When you enroll you will get a personal *Advocate to work with* throughout the program. There are two versions of Be Well at Work designed to meet the needs of different employees. Depending on which version of the program you qualify for, you will meet with your Advocate either a total of eight times or two times.



[Click here](http://www.bewellatwork.org/tn) or go to [www.bewellatwork.org/tn](http://www.bewellatwork.org/tn) to take the brief screenings. Everyone who completes the screening has the option to be entered into a drawing for a two night stay in the Tennessee State Park of your choice!



T E N N E S S E E  
State Parks

[www.Here4TN.com](http://www.Here4TN.com) | 1.855.Here4TN (1.855.437.3486)

**PARTNERS**  
**FOR HEALTH**  
EMPLOYEE  
ASSISTANCE  
PROGRAM

### How do I register?

Step one is to complete a brief screening online at the [Be Well at Work](http://Be Well at Work) website. You will know immediately whether you qualify. If you do qualify, you will be asked additional questions and provided more information.

### What if I change my mind?

You are not obligated to participate and may decide to leave the program at any time. It is your choice.

### Who is providing the services?

Be Well at Work is provided by Tufts Medical Center in Boston, Massachusetts.

### Will anyone know if I participate?

No one from your employer or health insurance plan will have any information about employees who may visit the [Be Well at Work](http://Be Well at Work) website or participate in the program. All information you provide at any time is completely confidential.

### Questions or need more information?

Contact Tufts at 1-888-386-1155 or email [bewellatwork@tuftsmedicalcenter.org](mailto:bewellatwork@tuftsmedicalcenter.org)

**Tufts** Medical  
Center