

# *UIC's EAP*

**Ukpeagvik Inupiat Corporation (UIC) and its subsidiary companies provide an employee assistance program (EAP) benefit that offers up to six sessions of counseling, assessment and referral services per issue.** Occasionally everyone has problems that become hard to handle alone. That's why your employer offers an EAP through **Magellan Health Services**. The EAP is a confidential, pre-paid service designed to provide you and your family with professional help in managing everyday concerns. To help you understand how the EAP can help you to be at your best, we have addressed some of the most commonly asked questions about the program.

## **What are some of the typical concerns for which people contact the EAP?**

People use the EAP for a wide range of issues, including:

- Job or work stress, burnout
- Parenting issues
- Alcohol or drug abuse/dependencies
- Marital or relationship problems
- Anxiety or depression
- STRESS !!!
- Anger management
- Coping with change
- Self-esteem issues
- Grief or bereavement
- Legal and financial concerns

## **Is the program really confidential?**

All EAP records and services are treated with the strictest confidence. The personal information that you share with your counselor is confidential, unless you sign an authorization to use or disclose personal health information, or if the law requires disclosure. There are also some legal limitations that include serious threats to harm oneself or others, and verifiable evidence of child or elder abuse.

## **When should I contact the EAP?**

You should call the EAP any time you want help working out a personal problem. The philosophy of the EAP is that problems are most effectively handled before they become serious. The key is to get assistance as soon as a problem begins affecting your work or personal life.

## **How much does using the EAP cost?**

UIC has pre-paid the cost of this service, so there is no cost to you. In many cases, problems can be resolved within the scope of the assistance provided by the EAP. However, if the situation requires help beyond the scope of the EAP, your counselor will work with you to find an affordable solution. If you use any resources outside of the EAP, you will be responsible for any associated fees. The decision to use outside resources is left up to you.

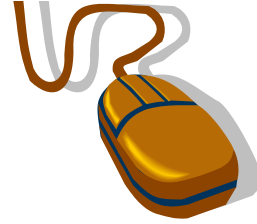
## **Magellan's website and Magellan Healthyroads™**

Our EAP offering is enhanced with access to **Magellan Healthyroads Online Health and Wellness Tools**. Members have access to comprehensive, confidential interactive health and wellness tools, including

- **Personal Health Assessment (PHA) and Personal Health Plan**
  - Interactive Prevention and Wellness Tools
  - Planners, trackers, article library, and more
- **Self-Guided Courses**
  - over 100 self-guided courses on a variety of H&W topics
- **Enhanced Communications**
  - managed blogs, optional daily e-mails of health & wellness tips, and online newsletters
- **Fitness Club Discount Program**

### Step-by- Step Web Site Access...

- Open a web browser
- From browser, type in URL address:  
[www.magellanhealth.com/member](http://www.magellanhealth.com/member)
- Go to User Sign In - Register box on top middle of screen
- Click on “New or Unregistered Users”.
- Type in **800-478-2812** for Toll-Free Number and click “Continue”
- Type in **UIC** for Organization Name and click “Continue”
- Create a user name & password, OR you can “Skip Registration”. If you register, remember your user name & password for future “Log In”! ”



### Legal and Financial Resources Are a Part of Your EAP

- Access by calling the phone numbers below.
- Legal or financial one hour consultations are provided free of charge.
- If you need additional legal assistance, you may retain an attorney from this program at 25% discount of their usual fees. You always have the option to find your own attorney.
- In addition, the Magellanhealth.com web site has additional legal and financial resources.

### Who can use the EAP?

UIC provides EAP services to full-time employees, their dependents and household members for the following companies:

Bowhead Transportation Company, LLC, UIC Technical Services, LLC, Bowhead Information Technology Services, Inc., C-Port Marine, LLC, Bowhead Manufacturing Company, LLC, Bowhead Transport Company, LLC, UIC Maintenance & Logistics, LLC, Bowhead Manufacturing Company, LLC, Bowhead Support Group, LLC, Bowhead Science & Technology, LLC, Bowhead Systems Management, Inc. BTS Professional Services, LLC, LCMF, LLC, Ukpeagvik Inupiat Corporation, UIC Developments, LLC, UMIAQ, LLC, UIC Construction, LLC, UIC-SSMH Hospital, UIC Construction Services, LLC, Nuvuk Construction DBA Pueo Group Contracting, Rockford Corporation, Ukpik, LLC, Siku Construction, LLC.

### For More Information, call 1-800-478-2812

Representatives are available to answer your questions 24/7, including weekends & holidays.

[www.Magellanhealth/member.com](http://www.Magellanhealth/member.com)

**Anchorage Office**  
4300 B St., Suite 202

**Mat-Su Valley Office (Wasilla)**  
951 Bogard Rd., Suite 201 B

