



EAPnews
Employee Assistance Program

Fourth Quarter 2008

Expansion of WellSpan EAP Provider Network

WellSpan EAP has exciting changes to announce regarding our provider network and our service model that will enhance the service options available to your employees and their families in south central Pennsylvania.



- Effective December 5, 2008, the WellSpan EAP office site in Lancaster owned and operated by our parent company, WellSpan Health, will close. All providers from the Lancaster office will relocate to our East York office location at 3550 Concord Road.
- **We have increased the number of EAP office locations where WellSpan EAP services are available** throughout our primary service areas of south central Pennsylvania and northern Maryland. **There are now more than 50 participating WellSpan EAP office locations to choose from in south central PA, in addition to our remaining proprietary offices.** These are licensed behavioral health providers contracted to provide EAP services on behalf of WellSpan EAP. Each provider has been screened to meet the same standards and professional qualifications as EAP providers employed by WellSpan Health.
- **Individuals seeking WellSpan EAP treatment in south central PA are now able to call directly to any participating provider's office** throughout the region to schedule services.
- **New marketing materials with phone listings will be delivered in November for redistribution to all of your employees.** These new marketing brochures will have an insert card that lists the many provider locations where employees or family members can call directly to seek WellSpan EAP services, and a toll-free number to call if they seek help elsewhere in the U.S. outside of the south central Pennsylvania region. Previously, our local materials contained only

direct phone numbers for our six WellSpan-owned EAP offices.

Notification letters were sent to every individual currently in treatment with clinicians at the Lancaster WellSpan EAP office location. All clients can remain in treatment with their current provider from our Lancaster office after their provider relocates to our East York location, or seek treatment with another WellSpan EAP participating provider. Clinicians will also review this information with clients during upcoming appointments.

If you have any questions related to these changes or would like more information, please call 1-866-227-6527.

Upcoming Breakfast Event - Save the Date!

Our thanks to the 65 area employer group representatives who attended and made our October 2008 breakfast a great event. Please mark your calendar for our upcoming presentation:

Thursday, January 8, 2009 (8:00 – 9:30am)
Topic: Critical Support for Employees in Distress
Speaker: Dr. Kathy Jansen, Psychologist
WellSpan Behavioral Health
Location: Four Points Sheraton Hotel (York, PA)

Look for more information via e-mail in the months ahead. To RSVP, call EAP Client Services 1-866-227-6527.

Did You Know?

- About 18 percent of American workers missed at least 10 workdays last year because of depression, reports healthcare consulting firm Watson Wyatt Worldwide.
- By comparison, a bit fewer employees missed at least 10 days of work due to anxiety or high blood pressure.
- About 30 percent of employees missed work due to heart disease and 22 percent for diabetes.



SOURCES: Mental Health America weekly e-news, 10/13/2008, [Wall Street Journal.com](http://WallStreetJournal.com) article, "Top Sick Day Illnesses Might Surprise You"; posted by Anna Wilde Mathews, 10/8/2008.

"Wanting to be someone you're not is a waste of the person you are." ~Kurt Cobain

