

Employee Assistance Program

The Employee Assistance Program (EAP), administered by Value Options (a partner of Blue Cross and Blue Shield), provides EAP counseling, support and referral services to Portico plan members and covered family members.

Call 800-432-5155 to talk to an EAP professional about stress, relationships, family issues, work issues or any other personal concerns. This number is listed on the back of Portico members' health insurance cards and the phone line is accessible 24 hours a day, seven days a week.

Eligible EAP services include telephone consultation, assessment and in-person counseling, typically one to six visits.

Additional information about EAP can be found by signing in to myPortico.PorticoBenefits.org under "Health & Other Coverage".

