



## EAP Benefit Facts to Know

EAP counseling is a **short-term problem focused solution** that includes up to **six sessions** per problem per rolling 12 months.

**If you are concerned about needing sessions beyond the six free sessions it is best to be sure up front that the provider is also in your behavioral health plan. Carelon community EAP providers are more likely to be in both your EAP and behavioral health network**

Go to your behavioral health network website to verify your EAP provider's network status at [www.credenceblue.com](http://www.credenceblue.com) or your plan's website or call the EAP for assistance at 800-315-4649.

You may use a set of sessions more than once per year if support is needed for different concerns

If you have identified a potential provider, call the toll-free number to determine whether they are covered under your EAP benefit

You can conduct a specialty provider search by calling the EAP at 800-315-4649 or by doing an online self-search at [www.carelonwellebeing.com/tenneco](http://www.carelonwellebeing.com/tenneco). Just use the specialty filters available under "Find a counselor" then select "Community Providers"..

**To learn more about Employee Assistance Program counseling and other wellness topics, use the QR code to download the Carelon Wellbeing APP.**



### You have options

You can choose to meet in-person or utilize virtual care through video, telephone, or chat. We have a network of caring clinicians and can help you find the one who is right for you.

#### IN-PERSON SERVICES

When you need to talk to someone face-to-face, your Employee Assistance Program benefit is here for you. Search our network to find a provider near you. If you don't know where to start, we can help you with your search.

#### VIRTUAL SERVICES

Choose your provider for video or telephonic care Self-scheduling is available for video sessions online or sessions delivered by telephone. Choose from our provider profiles to find the right fit for you and schedule your session on-demand

#### We're here to help

Get 6 no-cost, confidential counseling sessions and 24/7 access to comprehensive wellbeing resources



800-315-4649



[www.carelonwellebeing.com/tenneco](http://www.carelonwellebeing.com/tenneco)