



Archdiocese of Portland in Oregon

Account Number 5125

Benefit Summary

Clinical Counseling

- 5 face-to-face sessions or telephonic or web-video consultations per individual, per issue, per year

Telephonic Work-life Services

- Child and Elder Care Referrals (confirmed provider openings)
- Legal Consultations
- Financial Consultations
- Identity Theft Prevention and Recovery Assistance
- Daily Living Services
- Wellness Coaching Program:
 - Weight management
 - Smoking cessation
 - Fitness and exercise
 - Stress management
 - Overall lifestyle improvement
 - Lifestyle support for chronic conditions

Member Website - members.mhn.com

Company Code: **aportland**

- Assessments: depression, alcoholism, insomnia and stress, and more
- Self-help programs, articles and resources
- Wellness Portal - Health Assessment
- Online Smoking Cessation, Weight Loss and Nutrition Programs
- Downloadable legal forms and online Estate Planning
- Self-paced e-Learning training workshops

Client Services:

- Job Performance Referrals
- Critical Incident Response (20 hours free onsite time per event)
- Management Consultations



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Training Services

- Training Workshops: 10 hours (4 of which may be used for Organizational Development) per year with option to buy additional hours on a Fee For Service basis

Health Fairs & Orientations

- As requested in person and telephonic Employee Orientations about Employee EAP benefits per year
- As requested in person and telephonic Supervisor Orientations about Supervisor EAP benefits per year
- As requested Health Fair attendance per year