

# Blue Cross Employee Assistance Program<sup>SM</sup>

Real help for real life.

[bcbsmhelp.com/](http://bcbsmhelp.com/)

1-877-674-3133



Blue Cross  
Blue Shield  
Blue Care Network  
of Michigan

**Blue Cross EAP is free,  
confidential and accessible 24/7.**

Services include mental health counseling and coaching,  
legal and mediation assistance and financial consultation.

