



The Diocese of Rupert's Land

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Blue Cross Employee Assistance Program Plan Coverage

THE PERSONAL COUNSELLING BENEFITS OF THE PLAN INCLUDE:

- Marital/Relationship Counselling
- Family/Parenting Counselling
- Alcohol Abuse Counselling
- Drug Abuse Counselling
- Stress Counselling
- Career/Termination Counselling
- Financial Counselling
- Pre-Retirement Counselling
- Legal Counselling

Includes 9 sessions per area per family per year.

THE HEALTH PROMOTION BENEFITS OF THE PLAN INCLUDE:

- Lifestyle/Fitness Consulting
- Weight Loss/Control
- Smoking Cessation

Upon referral (maximum one assessment per area), counselling services are covered up to a maximum benefit of \$100.00 per family per year combined for health promotion benefits.