



## Beacon Wellbeing: Employee Assistance Program

### American Workers Are in Constant Pursuit of Work/Life Balance

Employees continue to have more pressing personal issues than ever before and employers seek real solutions to improve workplace productivity, rising health expenditures, and overall health outcomes. Every year, 18% of U.S. workers experience some type of mental health problem and the National Institute of Mental Health reports that depression is the leading cause of workplace absenteeism.<sup>1</sup>

#### Stress in the workplace

**63%** percent of employees say workplace stress significantly impacts their mental health.<sup>2</sup>

#### Financial concerns

**88%** of employers say their employees' financial concerns negatively affect productivity.<sup>3</sup>

#### Family matters

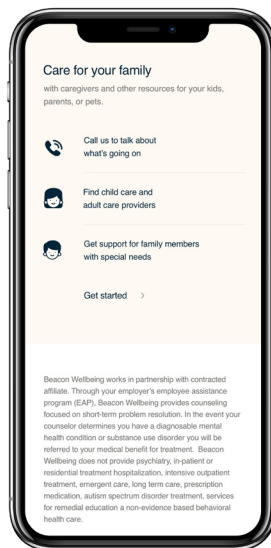
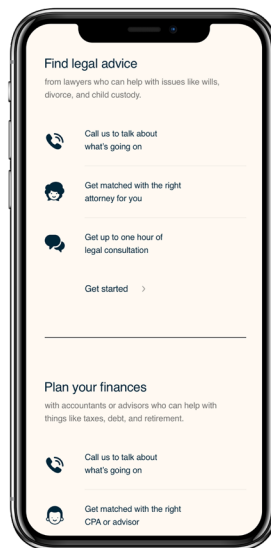
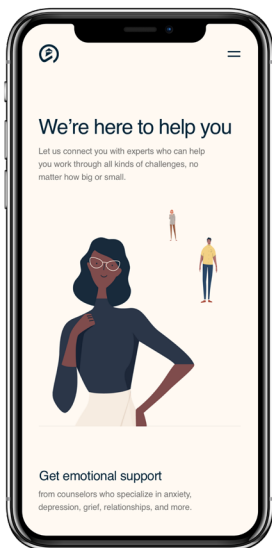


**More than half** of the "Sandwich Generation," full-time workers in their 40s-50s, care for an older relative.<sup>4</sup>

### Beacon Wellbeing—an Accessible, Engaging, and Effective EAP

Beacon Wellbeing is a new approach to the traditional EAP. The result is a healthier, more productive workforce and lower health expenditures.

- **Better outcomes using a holistic approach.** Our clinical experts assess all dimensions of wellbeing: emotional, physical, financial, community, and resilience. This way, we can connect members to the most relevant services and supports at the onset and through ongoing engagement.
- **Broad access improves engagement and utilization.** Members use the channel that works best for them—whether on the phone, online, or in person with a qualified EAP provider of their choice.
- **Organizational supports that improve workforce resiliency.** Our management consultations, supervisor and staff trainings, and disruptive event response support your entire workforce.



Find a provider, schedule an appointment, and access resources on our digital platform.

### When Employees Thrive, Companies Thrive

With 35 years of experience operating effective EAPs for more than 7 million members, Beacon Wellbeing addresses and improves workplace concerns, such as absences and presenteeism.



**Absenteeism**  
↓ **42.7%**  
Reduction



**Presenteeism**  
↓ **64.0%**  
Reduction



**Wellbeing**  
↑ **93.6%**  
Improvement\*

\*among those with poor status

### Immediate Help Now and Additional Supports during Follow-Up

Beacon Wellbeing's tailored recommendations address unique member concerns, delivering a complete experience and a proactive approach to ongoing and meaningful engagement to provide the right resources for employees and their families.

**Sources:**

- 1 [https://www.health.harvard.edu/newsletter\\_article/mental-health-problems-in-the-workplace](https://www.health.harvard.edu/newsletter_article/mental-health-problems-in-the-workplace)
- 2 Mental Health America's Workplace Health Survey
- 3 [https://benefittrends.metlife.com/media/1382/2017-ebts-report\\_0320\\_exp0518\\_v2.pdf](https://benefittrends.metlife.com/media/1382/2017-ebts-report_0320_exp0518_v2.pdf)
- 4 <http://workplace.care.com/5-things-you-need-to-know-about-the-sandwich-generation>