



YOUR EAP PROVIDER THROUGH MMIA



WHY USE AN EAP?

- 1) Excessive stress in your life
- 2) Work/life balance
- 3) Family issues
- 4) Anxiety
- 5) Depression
- 6) Substance abuse
- 7) Financial problems
- 8) Illness/medical concerns



UP TO 6

FACE-TO-FACE, VIDEO
OR TELEPHONIC
COUNSELING SESSIONS
PER ISSUE PER YEAR

**24 HOUR
HELPLINE**
866-767-9511

- ➔ Please visit the Sapphire website to locate a counselor and call the provider directly to schedule.
- ➔ Tell your provider you have EAP benefits with Sapphire through MMIA.
- ➔ A list of providers can be found at sr-connection.com under the member services tab.



**CONTACT YOUR LOCAL EAP
COUNSELOR DIRECTLY AT:
WWW.SR-CONNECTION.COM**

This service is available to employees covered on the MMIA medical plan and their family members, at no out-of-pocket expense. This service is completely confidential, Employers and Health Plan will not know if employees access this program. As with other medical benefits, this is protected by HIPAA.