

EMBRACE EAP INFO AND ACCOUNT SETUP INSTRUCTIONS

As a follow-up to February's PTSD training, this is a great opportunity to revisit the new EAP for members that was purchased through the Trust. This EAP is called **eMbrace** and is offered through a company called Magellan. This was presented during the PTSD training in the context of Mental Health resources, but it is so much more than just that. View the full, detailed package under **eMbrace** EAP on the vanfiretrust.org website.

At the end of this document will be instructions on how to access and setup your account. Please contact the Trust if you have any questions or encounter any issues.

Here is a quick overview of resources available to you through **eMbrace**

1. Virtual Therapy

- Through your program, you have access to confidential virtual therapy, provided by BetterHelp, at no cost to you. You can benefit from up to 8 pre-paid counseling sessions per issue, per year. Counseling is available for the entire family—individuals, couples and teens (with parental consent and in accordance with applicable law and clinical appropriateness).

2. Discounts

- Car buying and services, Child and elder care, Clothing, Flowers and gifts, Financial and legal products, Fitness centers and nutrition plans, Furniture, Appliances and electronics, Theme park and movie tickets, Travel, Hotels and car rentals

3. Work-Life

- Specialists are at the ready to provide you with expert guidance, information and personalized referrals to service providers in your area in such areas as:
- Adult Care & Aging, Child Care & Parenting, Daily Living, Education, Moving, Pet Ownership, Pregnancy & Adoption, Relationships, Special Needs

4. Financial Well-Being

- You can learn a variety of financial management skills, such as budgeting and spending, understanding your credit, buying a home, growing a family, or planning for retirement.
- Connect with a Money Coach - Get confidential, unbiased guidance in 30-minute telephone calls with a Money Coach. You get 3 sessions per topic, per year. Money Coaches have professional experience and certifications, and they don't sell products

5. ID Theft

- You and your household members receive one free 60-minute telephone consultation with a Fraud Resolution Specialist™ (FRS) per issue, per year. The FRS will answer your questions and give you the direction and tools you need to start resolving the fraud issues. You also have the option to purchase resolution services on a self-pay basis and have the company work under power of attorney until all issues are resolved.

6. Legal Services

- Legal consultation - Receive one free 60-minute consultation per issue, per year on the phone or in-person with an attorney* or mediation expert who will listen to you and help you determine whether mediation is a suitable method to resolve the legal issue. Members receive a preferential discount for services beyond 60 minutes
- Services include: Estate Planning, Family Law, Standard Legal services, Document prep discounts, and Online Tools & Resources

7. Emotional Well-Being

- Key features: Complete activities such as breathing exercises, meditation, yoga or journaling, Track mood, sleep, stress and pain, and see your progress, Complete confidential, self-paced digital cognitive behavioral therapy for anxiety and depression, Connect to virtual therapy and in-person counselors,* Sync with other trackers like Fitbit, Garmin and MyFitnessPal through Apple Health or Google Fit

INSTRUCTIONS FOR ACCESSING AND CREATING AN ACCOUNT ON EMBRACE:

(Control+click to follow link)

[Embrace EAP - VANCOUVER FIREFIGHTERS UNION HEALTH & WELFARE TRUST \(vanfiretrust.org\)](https://member.magellanhealthcare.com)

VANCOUVER FIREFIGHTERS UNION HEALTH & WELFARE TRUST

HOME **EMBRACE EAP** FIND A PROVIDER MEDICAL BENEFITS DENTAL BENEFITS LTD HRA
PHARMACY BENEFITS HEALTHCARE BLUEBOOK TELEMEDICINE ADDITIONAL BENEFITS +
BEHAVIORAL RESOURCES + CONTACTS LAB BILLING ISSUES ANNUAL NOTICES

Welcome to eMbrace EAP for your wellbeing
Start your wellbeing journey today: member.magellanhealthcare.com

What is eMbrace?
eMbrace is a total wellbeing program that empowers you with a personalized, guided experience to advance the quality of your life.

Q: Who is eligible to use the eMbrace total wellbeing program?
A: The program is available to employees and their household members.

eMbrace
A personalized, total wellbeing solution

Start your wellbeing journey

A thriving life, resilient mind and healthy body

Sign In

Sign Up

Enter member portal as a guest



Let's find your benefits

Your information is private and never shared without your permission.

This program was offered to me by:*

van|

Van and Associates Law Firm

Vancouver Fire

Vancouver Firefighters Union Health & Welfare Trust (VFUHWI)

Vande Hey Company, Inc.

VANDERVOORT DAIRY

Vanex

Vanguard Academy

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CREATE YOUR ACCOUNT AND BEGIN ACCESSING SERVICES!