



The Jefferson Health Plan Employee Assistance Program (EAP)

We're here for life's challenges

No problem is too big or too small. Receive no-cost confidential support today.

Counseling

Schedule an appointment with a licensed counselor for online or in-person sessions during times that work for you, even evenings and weekends.

You and your household members each receive 5 in person or virtual visits per issue, per year.

Sessions are strictly confidential.

Work/life support

Get connected with resources and referral services related to child and eldercare, education, growing families, consumer resources, home maintenance, and daily living.

Visit the The Jefferson Health Plan Employee Assistance Program (EAP) website to access articles, videos, podcasts, and other tools that can help you and your loved ones with life's challenges.

achievesolutions.net/jhp | 877-233-0976

Legal and financial services

We can help you find discounts on legal and financial services and assist you with having a safe, confidential discussion with an expert.

