

EMPLOYEE ASSISTANCE PLAN (EAP)

Bensinger, Dupont & Associates (BDA)

ABM, through Bensinger, Dupont & Associates (BDA), offers a confidential service to help employees and their eligible dependents resolve work and life issues.

Coverage begins on your hire date so there is no waiting period.

Accessible through a toll-free number around the clock, BDA can help employees who have concerns by providing consultation or counseling information, educational materials, and personalized referrals.

Some of the more common services fall into the following broad categories:

- o Depression
- o Family conflicts
- o Marital problems
- o Financial difficulties
- o Legal issues
- o Substance abuse
- o Eating disorders
- o Emotional problems
- o Parenting concerns
- o Stress management
- o Problem gambling

Professional counselors are available to help 24 hours a day, seven days a week.

Your calls are completely confidential – no one will know you called unless you tell them. You may then be referred for up to three individual counseling sessions per issue in a 12-month period. Discounted rates are available after the initial three visits.

If face-to-face counseling sessions are required, your EAP counselor can refer you for counseling at a location convenient to your home or work location.

The cost for the EAP is paid completely by ABM. There is no charge to employees or their eligible dependents.

To use the EAP, please call BDA at: 1.800.272.2727. You can also access information through the website at www.bdaeap.com. (passcode: abmeap)