



Member Education OneShare Health

We're Better Together



Dear Valued Member,

OneShare Health is all about ensuring your health, whether that means your mind, body, or soul. Did you that, through our partnership with IBH Population Health Solutions (IBH), your OneShare Health Membership now provides access to counseling and mental health offerings at no additional cost? Read on below to learn more about our Behavioral Health Services / Member Assistance Program (MAP) and what it can provide you and your family when you need it most!

As always, feel free to reach out to Member Support Team at any time, and we'll answer any questions you may have!

[CONTACT MEMBER SUPPORT](#)

What is the IBH Behavioral Health / Member Assistance Program (MAP)?

IBH's MAP, in partnership with OneShare Health, is available to Members of the Catastrophic, Classic, and Complete Programs and provides access to important Behavioral Health Services, including confidential counseling, crisis help, advice, support, and practical solutions to real-life issues.

How Much Does My MAP Cost?

For OneShare Health Members of the Classic, Complete, and Catastrophic Programs, MAP is available to Primary Members and enrolled Dependents

for no additional cost!

What Kind of Challenges Can I Address with My MAP?

With MAP, you will be able to attain optimal behavioral health via an extensive Resource Center that addresses Legal, Financial, Family care matters, and more. Through online-based assistance, the MAP provides innovative, technology-based tools and Work-Life treatments for behavioral health and wellness management through the following services:

- **Confidential Counseling:**
Up to four (4) face-to-face video or telephonic counseling sessions for relationship and family issues, stress, anxiety, and other common challenges.
 - **Financial Help:**
Thirty consecutive days of free phone consultations for debt counseling, budgeting, college/retirement planning, and taxes, including 25% off certified public accountant services for tax preparation.
 - **Childcare Services:**
Childcare professionals will provide information and support on parenting, school issues, adoption, college planning, teenager challenges, summer camps, daycare, and other important issues for parents.
 - **Adult and Eldercare Services:**
Specialists will assist in finding quality information and services, including transportation, meals, exercise, activities, prescription drug information, in-home care, daytime care, and housing.
 - **Legal Services:**
Access a free, half-hour consultation, by phone or in person, for any non-work-related issue, followed with a 25% discount in legal fees.
 - **Meditation Services:**
Request free consultations for personal, family, and non-work-related issues, such as divorce, neighbor disputes, or real estate.
 - **Home Ownership Program:**
Get free support and information about making smarter choices when shopping for a new home, making financing decisions, relocating, or selling a home.
 - **College Planning Program:**
Access a free, 15-minute consultation with a college planning specialist to assist with SAT/ACT prep, scholarships, grants, financial aid, and other college-related issues, followed by a 30% discount in program fees.
 - **Identity Theft Services:**
Access support in planning the recovery process or restoring your identity and credit after an incident.
 - **Online Legal Forms:**
Create, save, print, and revise online legal forms, including wills, contracts, leases, and many more.
 - **24-hour Crisis Help:**
Toll-free access for you or a family member experiencing a crisis.
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Is There an App I Can Use?

Absolutely. The IBH App is readily available for Members to use on their smartphone for access to MAP services on the go. Just search for "IBH App" in your iPhone or Android device's App Store!



How Do I Get Started with My MAP?

To get started with your MAP, just call [\(833\) 369-0909](tel:833-369-0909). Or, if you'd like more information about IBH and the Behavioral Health / Member Assistance Program (MAP), please visit our website by clicking below, or contact our Member Support Team by calling [\(833\) 546-4478](tel:833-546-4478), Monday–Friday, 8am to 5pm CST. We're ready to assist you!

[LEARN MORE ABOUT MAP](#)

[CONTACT MEMBER SUPPORT](#)

As always, don't forget to visit our [OneShare Health Blog](#), or check out the [OneShare Health Knowledge Base](#) for answers to your frequently asked questions about OneShare Health!



Wishing you health and happiness,

The Team at OneShare Health

We Want Your Feedback!

How comfortable do you feel with using the IBH Behavioral Health / Member Assistance Program (MAP) after reading this email?

[COMFORTABLE](#)

[NOT COMFORTABLE](#)

“Therefore encourage one another and build one another up, just as you are doing.”

I Thessalonians 5:11 (ESV)

onesharehealth.com

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You received this email because you are an active Member of OneShare Health.

Have Questions? Reach out to Member Support at [\(833\) 546-4478](tel:833-546-4478).

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