

Beneficiary Assistance Program (BAP) - *We are there for you in your time of loss*

In these difficult times, please remember that you're not alone.

As a member of Regence Life and Health, your loved one protected you and your family members with a policy backed by a community that cares about you.

You can reach out and find help to cope with the loss of your loved one. There's no cost to you, and it's only a phone call away: 1-866-750-3175

Regence will support you by offering free, confidential services provided by Reliant Behavioral Health. As a Regence Life and Health beneficiary, you, your dependents, and household members, related or not, are eligible. Simply call to access any of the following services:

- 📄 **Confidential Counseling** - The BAP offers up to 3 face-to-face counseling sessions for each issue faced following the loss of a loved one. Free counseling assists with a variety of issues, including grief, family and relationships, parenting, work stress, anxiety, and other common challenges.

- 📄 **24-hour Crisis Help** - Free crisis assistance is available 24 hours a day for individuals experiencing a crisis situation.

- 📄 **Legal Services** - Legal services include a free, half-hour consultation, by phone or in person, followed with a 25 percent discount in legal fees. *Legal services are not provided for employer related issues.*

- 📄 **Financial Services** - Financial services provide free telephone consultations for financial issues. Services may include assistance and referrals for a variety of issues, such as estate settlement, debt counseling, budgeting, college or retirement planning, etc. A discount of 25 percent is available, if a local CPA is retained.

What are the normal feelings of grief?

As you face a loss, you may be experiencing different feelings at different times.

These feelings may include shock, denial, anger, guilt, sadness and acceptance.

You may find yourself going back and forth from one feeling to another. For example, right when it seems that you're starting to accept your loss, you may find yourself feeling sad or guilty again.

Your grief may never completely go away, but the pain you feel will lessen with time as you work through these feelings.

You don't have to grieve alone or feel isolated in your loss. Contact the BAP for help:

1-866-750-3175

