

Summary of Services



GUIDE+THRIVE

What Is Guide+Thrive?

Guide+Thrive is a comprehensive well-being program that is designed to help you better your life and reach your fullest potential. Guide+Thrive helps you achieve and optimize your well-being by guiding you toward success, whether you are seeking personalized well-being coaching, short-term problem resolution, resource navigation or self-paced career or personal development learning tools.

No matter what your starting point, Guide+Thrive works directly with you to achieve both your personal and workplace goals, so you can be happy, energized and productive both in and out of the office.

How Can Guide+Thrive Help Me?

When you call our toll-free number, our team of Master's-level care coordinators can help you navigate available benefits and resources and guide you forward to help you reach your goals.

Guide+Thrive helps you improve all five areas of well-being:



PHYSICAL

Take positive steps toward maintaining your health and vitality.



EMOTIONAL

Learn strategies to emotionally handle all of life's challenges.



FINANCIAL

Gain motivation and empower yourself to take control of your finances.



CAREER

Learn how to become fulfilled and motivated in your career.



SOCIAL

Form satisfying interpersonal relationships both at home and work.

How Does It Work?

Our Care Coordinators will help you identify your goals and guide you to the appropriate resources. Your Care Coordinator will then become your personal point of contact and will keep in touch to ensure that you achieve your desired outcomes.



PROGRAM COST

This is a free program provided and paid for by your employer.



CONFIDENTIALITY

BHS adheres to federal and state privacy laws and holds client information in the strictest of confidence. Information about a client's issue cannot be released without the written permission of that individual.



Ready to get started?

Simply call BHS' toll-free number:

866-765-3277

MEDSTAR
TotalRewards



bhs 

Personalized Well-Being Coaching



COACHING

You will have access to unlimited telephonic well-being coaching with Guide+Thrive. Coaching addresses all elements of well-being, including physical, emotional, career, social and financial. Our coaching services can be used as a tool for goal setting and optimizing well-being. These sessions are completely confidential, and coaches are trained to provide feedback customized to each person's specific needs.

Work-Life Services



CHILDCARE

BHS provides up-to-date, carefully screened, national resources and referrals for a range of childcare needs, including:

- Adoption and Special Needs
- Before and After School Programs
- Emergency and Back-Up Care
- Nanny and Au Pair Services
- Nurseries and Preschools
- Summer Camps



ELDERCARE

BHS provides up-to-date, national resources and referrals for a range of eldercare needs, including:

- Home-Based Services
- Housing
- In-Home Care
- Inpatient Services
- Older Adult Services:
- Transportation Services



LEGAL

When faced with a legal matter, simply contact BHS and you will be connected to an attorney with expertise specific to your needs.

Legal benefits under the program include:*

- Free 30-minute consultations
- In office or telephonic with local plan providers
- 25 percent off the attorney's hourly rate when an hourly rate is quoted for services beyond consultation
- Each consultation must be over a new legal topic
- Document review up to six pages
- Simple dispute resolution call or letter

* Limitations and exclusions apply. This benefit summary is intended only to highlight benefits and should not be relied upon to fully determine coverage. Legal services are administered by Legal Access Plans, L.L.C. Home Office: 5850 San Felipe, Suite 600, Houston, TX.



FINANCIAL

BHS provides unlimited telephonic financial consultation, information and education to you and your household members per problem, per year. Should you or your household member need further financial consultation, you will be connected to a local advisor and/or community resource at a discounted rate. **Typical financial matters include:**

- Budgeting
- College Funding
- Credit Counseling
- Debt Management and Consolidation
- Retirement Funding
- Tax Planning and Preparation



CONVENIENCE CARE

With BHS, finding what you are looking for is just a phone call away. BHS provides up-to-date, national resources and referrals for a range of needs, such as:

- Adult Education Classes
- Airfare, Hotel, Car Rental
- Concert, Sport and Theater Tickets
- Contractors, Handymen, Plumbers and Landscapers
- Pet Care
- Spa and Salon Services

MyBHS Portal and Interactive Website



MYBHS PORTAL

Your MyBHS Portal contains a variety of resources to help improve your overall well-being. You can view program announcements, access Live Chat, read monthly newsletters and tip sheets, register for events, participate in regularly scheduled webcasts and more.

- Café Series
- Health Assessments
- Locator Services
- Resource Library
- Self-paced Trainings

How to log in to your MyBHS Portal:

1. Visit portal.BHSONline.com and
2. Log in with username: **MEDSTAR**
3. Browse through resources including articles, videos, health assessments, quizzes and interactive tools.