



## Health Plan of San Mateo

Employee Services. Personalized solutions for mental health and work-life challenges

**Help, when you need it.** Concern is easy to access online or by phone 24/7. All services are completely confidential and at no cost to you or your family.

### **Confidential Counseling**

**In-person, Telephone, Video, Text, Chat**

Experienced, licensed counselors can help with:

- Stress, depression, anxiety
- Major life changes
- Communication issues
- Anger, grief, loss
- Relationship conflicts
- Substance abuse
- Emotional wellbeing
- Job stress, work conflicts

### **Work-Life Balance**

Expert advice and customized resources to help with life's ups and downs.

- **Financial Consultation**  
Certified financial advisers help with a wide range of issues such as tax questions, investments, retirement planning, getting out of debt, and saving for college
- **Legal Consultation**  
Talk with a qualified attorney on issues about divorce and family law, landlord/tenant issues, wills and trusts, immigration, identity theft, and more
- **Parenting & Adult Care**  
Our specialists do the research for you, providing curated resources for parenting and childcare, help for aging parents or disabled family members. New parents receive a complimentary New Baby Kit.

Call **800-344-4222** 24/7 or visit **employees.concernhealth.com** and log in with your company code **HPSM** for easy access to all available Concern services. Check out **this video** for a brief introduction to Concern

**Services & Resource Library.** Easy to access self-help tools organized by topic with articles, apps, and videos. Topics include Success at Work, Relationships, Emotional Wellbeing, and Healthy Habits.

**Your Concern benefit is available to all full-time employees working 30 or more hours per week, and to your same or opposite sex spouse or domestic partner, and dependent children up to age 26.**

- **Counseling.** Up to **5** sessions per person, per issue, per year.
- **Financial.** Up to two 30-minute consultations per issue, per year, with reduction in standard fee if you retain their services.
- **Legal.** 30-minute consultation per issue, per year. If you retain the attorney, you will receive a 25% reduction off their normal hourly rate.

