



Excellence in Employee Support Services

SYRACUSE UNIVERSITY

Faculty and Staff Assistance Program

FSAP and Work-Life Benefits Summary Page

<p>Eligibility</p>	<p>All members of the University community eligible to participate in the University’s medical plan, including benefits-eligible faculty and staff, graduate assistants, and retirees, as well as their dependents.</p>
<p>FSAP counseling benefits</p>	<p>Referrals for up to 6 counseling sessions per individual per problem per year; may call back for additional sessions on same issue one year from the date of initial request; Carebridge will refer individual to an FSAP provider who also accepts that person’s behavioral health insurance (e.g. POMCO if applicable). For short term counseling needs, individuals may request telephonic counseling option.</p>
<p>Telephonic Consultations</p>	<p>Unlimited phone consultations with master’s level clinicians who can help with crisis situations and/or immediate concerns from individuals who need guidance but do not necessarily want ongoing counseling</p>
<p>Legal Concerns</p>	<p>Individuals are eligible for a 30-minute free consultation per issue with a local attorney; they can retain attorney at discounted rate (25% off) -- cannot be used for employment/labor law, second opinions, or third party requests</p>
<p>Financial Concerns</p>	<p>Individuals can speak with a money management specialist an unlimited number of times over the phone for information, resources and referrals (Common concerns are budgeting, personal credit, home ownership, retirement planning, bankruptcy)</p>
<p>Work-Life Concerns (Child Care, Eldercare, Adoption, College Planning, Relocation, Convenience Services)</p>	<p>Individuals can speak with specialists in the given area an unlimited number of times over the phone for information, resources and referrals (Carebridge does not recommend specific resources or providers but gives individuals tools in picking qualified providers that meet the individual’s needs)</p>
<p>Online Resources</p>	<p>www.myliferesource.com Access Code: WY6CE Users have access to employee orientation, articles, assessments, videos, self-paced courses, locators, and discount shopping</p>