**What is the EAP?**

The Employee Assistance Program (EAP) is a no cost, confidential employee benefit for all employees. The EAP provides services and supports to the employee and their household members (family) to assist with personal concerns and/or work-related concerns that may impact job performance, health, emotional well-being and the overall quality of life.

**Who provides the EAP services and supports and what is their contact information?**

The BCPS EAP has both an internal and an external EAP.

- **BCPS Internal EAP:** 410 887-5414 (during normal business hours—year round)
  Janice Zimmerman, BCPS EAP Counselor
  jzimmerman@bcps.org

- **External EAP:** Cigna EAP 1-888-431-4334 (24/7)
  Logon ID: baltimore

**What services are included in the EAP benefit?**

- Short-term, problem focused counseling (up to 10 sessions)
- Telephone consultations
- Information and referral services
- Live chat with Cigna EAP
- Work/life supports to assist in finding services such as daycare, eldercare, pet services
- Legal and financial consultation
- Online resources
- EAP Wellness Webinars: www.cigna.com/EAPWebcasts

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**EMPLOYEE WELLNESS PROGRAM**

**What is the Employee Wellness Program?**

As part of the BCPS culture to provide high-quality, engaging, and responsive instruction every day, in every classroom for our students, we also need to create a healthy climate for our employees. This is employee wellness. Wellness is personal. It’s an individual journey toward balance, and a healthy lifestyle. The Employee Wellness Program works to provide a variety of programs and offerings that address the various components of wellness: emotional, intellectual, physical, social, and spiritual.

**Who co-ordinates the Employee Wellness Program and the programs that it offers?**

The Employee Wellness Program is coordinated by Jenny Ward, Employee Wellness, in the Office of Benefits, Leaves and Retirements.

Phone number: 443-809-9371.

- Each school or worksite also has a Wellness Champion. This person helps coordinates employee wellness activities at your location.

**What are some of the programs and activities offered by the Employee Wellness Program?**

- Annual health assessments
- On-site fitness classes
- Activity tracking programs
- Wellness Challenges such as: Live Well, Work Well
- Wellness e-newsletters
- Weight loss programs such as ‘Healthiest Loser’ and ‘Healthy Wage’