



cis benefits
www.cisbenefits.org



Wellness Works

Meet CIS Benefits' Partners

Meet CIS Benefits partners for employee assistance and tobacco cessation. Both programs are available to employees insured by a CIS Benefits medical plan.



1-866-750-1327

The CIS Employee Assistance Program (EAP) is now provided by Reliant Behavioral Health (RBH) and is available to all employees and dependents covered by a CIS Benefits medical plan. Our former provider, EASE, was recently purchased by RBH. And while RBH brings many new services you'll also see familiar faces, as many former EASE counselors signed on with RBH.

For complete program details and to see if you are eligible visit www.cisbenefits.org or click [here](#) to log onto the RBH Wellness Center. Enter the password oregon, then create your own log in and password.

FREE COUNSELING SESSIONS

CIS EAP services still include five FREE face-to-face counseling sessions per issue for employees and their covered dependents, a 24-hour phone line counseling service and legal, financial, and identity theft services. And while RBH brings many new services, the counselors are the same people who worked for EASE.

www.cisbenefits.org

READ MORE ON NEXT PAGE



cis benefits
www.cisbenefits.org

Wellness Works

Page 2

continued from first page ...



Quit For Life® Program

Want to become tobacco free? The Quit For Life program - sponsored by your employer and CIS - is ready to help. Make use of the “4 essential practices to Quit for Life”:

- Quit at your own pace - but get the help when you need it
- Use quit medications in the proper way to guide your success
- Conquer your urge to use tobacco through learning new skills and techniques
- Become a non-tobacco user - never have that “first” cigarette or chew again.

For complete program details and to see if you are eligible, visit www.cisbenefits.org and click on Quit for Life Program. You may enroll online or by calling 1-866-784-8454. NOTE: You must enter CIS as your employer name.

It's all about **TRUST.**

www.cisbenefits.org