

Your EAP Services Summary



Anthem Employee Assistance Program (EAP) is a confidential service available to employees and household members – at no cost to you. Our trained professionals can easily refer you to the following resources:

- **Face-to-Face Counseling** – Anthem EAP can put you in touch with a licensed counselor for face-to-face visits. You and your household members are eligible for up to 6 visits for each personal situation, as needed. If more than # sessions are needed, employees are referred to the health insurance company for potential health benefits or to community resources for ongoing care.
- **Crisis Consultation** – 24/7 telephone access and crisis consultation are available to you through Anthem EAP. If you have an emergency, simply call the toll-free Anthem EAP phone number. We will put you in touch with a professional who can help or just listen, depending on your needs.
- **Legal Assistance** – We also offer access to legal consultations up to 30 minutes face-to-face or telephonically at no charge. For services beyond the initial 30 minutes, you will receive a preferred discount rate of 25% off attorney’s normal hourly fee. You have access to virtually all areas of law such as family/domestic matters, civil matters, criminal, real estate, etc. Matters involving disputes between members and their employer are specifically excluded from eligibility of this program.
- **Financial Assistance** – Our financial professionals provide free telephonic consultation on the financial topics that are important to you, including bankruptcy protection, budgeting, debt reductions, estate planning, home purchases and long-term goal setting. Our counseling sessions have no time limitations, and are available without appointment during regular business hours, and by appointment at night on weekends. Online resources include an assortment of financial calculators and access to PocketSmith, a budgeting and management tool.
- **ID Recovery** – Specialists are available 24/7 to assess your risk level and then identify steps to resolve potential identity theft. All services are provided to you free of charge. This may include completing any necessary paperwork, reporting to the consumer credit agencies, and negotiating with creditors to repair debt history. Our specialists will work with you to restore your financial identity to its pre-theft status.
- **Tobacco Cessation (Online and Coaching)**
 - **Online Program:** LivingFree™ is a free 10 sessions, online training program which will help you learn how to break the tobacco habit. The program focuses on the root emotional and physical causes of using tobacco.
 - **Telephonic Coaching:** Tobacco cessation coaching is a free service provided via telephone or through instant messaging. The tobacco cessation Coach will help you address the triggers of your tobacco use and how to overcome them. In addition the coach will address issues related to weight management and fitness.
- **Dependent Care and Daily Living Resources** – You and your household members can get information on child care, adoption, summer camps, college placement relocation, plus resources on elder care issues and assisted living. There is assistance with daily living such as household maintenance, moving and relocation, pet care, etc. Referrals are available through the Search feature on the Anthem EAP Web site (www.AnthemEAP.com).
- **Other Web Resources available through www.AnthemEAP.com** – Informational articles on behavioral health and healthcare topics are available to you and your household members through our interactive web site. There are self-assessment tools and quizzes on topics such as health, depression and substance abuse. Legal information and financial calculators are also available.

Please call us toll-free at 1-800-999-7222. You can also visit www.AnthemEAP.com. Log in: Your Company Name.