

## How to reach us

Help that goes where you do.  
Take us along. Here is a way to  
keep us handy.

### Employee Assistance Program

800-999-7222

[anthemeap.com](http://anthemeap.com)

Enter **County of Tulare** to  
log in.

Free, confidential help  
24 hours a day,  
7 days a week



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Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.  
Chinese - 您有權使用您的語言免費獲得該資訊和協助。  
請撥打您的 ID 卡上的成員服務號碼尋求協助。

Anthem complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

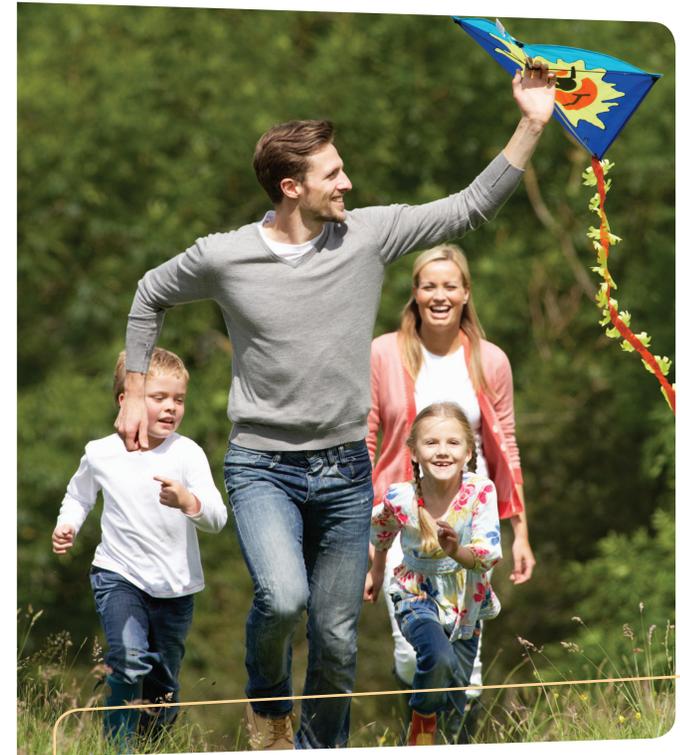
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## Life just got easier

If it's on your mind, there's a  
good chance we can help



What is your Employee Assistance Program (EAP)?  
We're the folks you can turn to when you need  
help meeting the everyday challenges of life. Call  
800-999-7222 or visit [anthemeap.com](http://anthemeap.com) and enter  
**County of Tulare** to log in.



**Lean on us – 24/7.** We're here to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with your EAP staff member. Just call 800-999-7222 or visit [anthemeap.com](http://anthemeap.com). You'll be connected in an instant. We're available day and night to help you get the support you need – at no cost.

**Put your mind at ease.** Need some help getting your hands on legal forms like wills, or tips on buying or selling a home? Looking for information on emotional well-being? New to town and looking for a daycare center? Need pet care? Help for these and many more of life's demands can be found at [anthemeap.com](http://anthemeap.com).



**It is easy to reach us.** Call the toll-free number and a representative will help you find resources near you with complete confidentiality.\* Sometimes it's better to meet face to face with a professional. That's where your EAP counseling comes in. You have up to 6 free counseling visits per issue. Ask us about online visits with LiveHealth Online.

Maybe you just need to ask a quick question about something. Call us. And, if you or a member of your household is in crisis, don't wait; call. We can help with that, too.

### Get to know your EAP better at [anthemeap.com](http://anthemeap.com)

You'll find articles, checklists, quizzes and other helpful tools online. You can browse resources, attend a webinar or take an online class – right at your own computer. Here are some topics covered:

- Meeting the needs of work and family
- Finding child and elder care
- Giving and receiving feedback
- Handling grief and loss
- Parenting a child with special needs
- Living within a realistic budget
- Addressing addiction and recovery
- Dealing with identity theft
- Managing stress

**Your privacy matters.** Remember, EAP is here for you 24/7, so you can call from wherever or whenever it's convenient for you. Your privacy is important to us. No one will know you've contacted EAP unless you give permission in writing.\* When you need answers, let EAP give you a helping hand. Just call 800-999-7222 or go to [anthemeap.com](http://anthemeap.com) and enter County of Tulare.

\*In accordance with federal and state law, and professional ethical standards.



**myStrength.** Emotional health is a key component of your overall well-being. And that's why the EAP website offers myStrength, "the health club for your mind." This online and mobile tool gives you unlimited access to evidenced-based resources that promote emotional health.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitations and exclusions.