



Your Employee Assistance Program (EAP)

Here when you need us

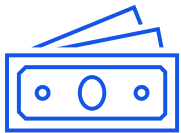
Personalized Solutions



Counseling through in-person care along with text, voice, video, and asynchronous-chat options



Legal consultation with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources



Financial consultation including a phone meeting with financial professionals during business hours



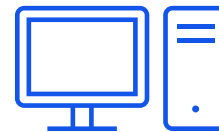
ID monitoring and recovery for help reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors if your ID is stolen



Emotional Well-being Resources administered by Learn to Live, with digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness , one-on-one coaching available— at no added cost



Dependent care for information on childcare, adoption, summer camps, college placement, elder care, and assisted living



Website resources including assessments, access to counseling, well-being articles, podcasts, webinars, and tools to support work-life balance and emotional well-being



Crisis consultation for around-the-clock support or urgent needs

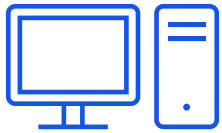
EAP Counseling Benefit

Personalized counseling support for you and your household members

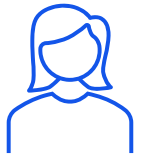
- 6 counseling sessions per issue, per year per person
- Employees and household members are eligible for services
- Sessions are private, no cost, and conveniently accessed — whether that's in-person, online, or through a mobile device
- Therapy sessions are designed to best fit each person's needs



Care Options



Face to face video visits



In-office

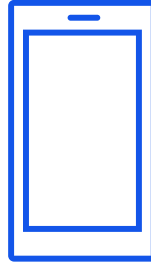


**Live chat session or
asynchronous chat**

Call your EAP's toll-free number or visit your EAP website.

You decide what's right for you

We're available
24/7 to help you
get started with
EAP counseling.



Call <<800-999-7222>>



Speak to an EAP
Representative



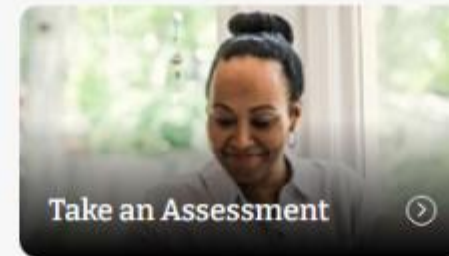
Receive information about your
counseling referral

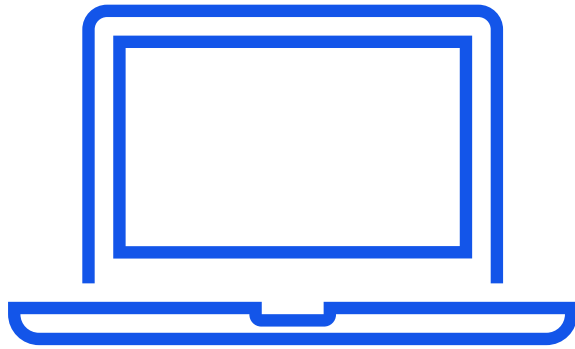
Do-it-yourself access to care

- Get more information about counseling options
- Request an authorization
- Search for in-network EAP providers
- Access virtual care

Welcome to your Employee Assistance Program (EAP)

How can we help you?





EAP
Website

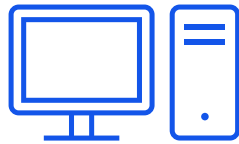


A screenshot of a web page titled "Connect with a Counselor". The page has a blue header with a search bar and "Language" link. Below the header, there's a breadcrumb "Home > Connect with a Counselor" and a "Urgent Assistance" button. The main content area has a heading "Get connected to a mental health counselor" and a subtext "Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns." There are two tabs: "Telehealth options" (selected) and "In-person options". Below the tabs, it says "Explore these telehealth options to get started:". There are two cards: "LiveHealth Online" with a description and a "Learn more" button, and "Talkspace" with a description and a "Visit portal" link. A small graphic of a smartphone with a speech bubble is on the right side of the main heading area.

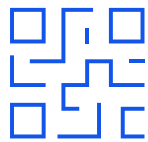
Call your EAP
toll-free number
for a coupon
code to access
your no- cost
EAP visits.



Call your EAP's toll-free number.
Request video counseling visits.



Check your email for a secure
message from the EAP containing
your coupon code.



Use the link or QR code provided to
you to create an account and
schedule your appointment.

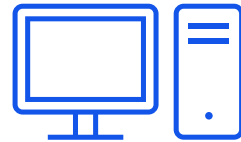


Enter your coupon code to zero the
fee for your allotted visits.

Your EAP
counseling visits,
your way.



talkspace.com/associatecare



Use the QR code or log on to
talkspace.com/associatecare to set
up your account.



When asked to enter the
organization name, **enter “EAP”, a
space and your company’s code**
(example: “EAP ABCD”)

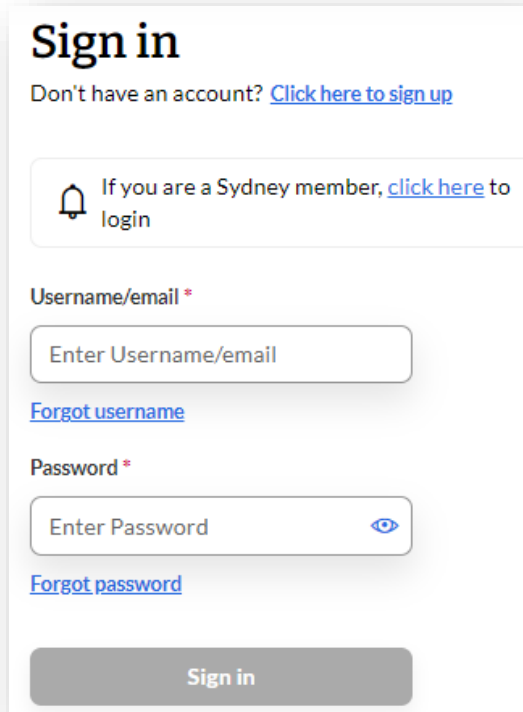


Follow the instructions to schedule
your appointment.



Anthem EAP Provider Network

The screenshot shows the Anthem EAP Provider Network website. At the top, there is a blue navigation bar with a search icon and the word "Search", a "Language" dropdown, and a "Sign in/Sign up" link. Below the navigation bar, a breadcrumb trail reads "Home > Connect with a Counselor". To the right of the breadcrumb is a blue button labeled "Urgent Assistance" with a downward arrow. The main content area features a large white box with the heading "Get connected to a mental health counselor". Below this heading is a subtext: "Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns." To the right of this text is an illustration of a smartphone and a green pill. Below the white box, there are two tabs: "Telehealth options" and "In-person options", with the latter being highlighted in blue. Under the "In-person options" tab, the text "You have access to a counselor near you:" is displayed. Below this text is a white box containing the heading "Search all Counselors", the subtext "Explore counselors in your area to get started now.", and a blue button labeled "Get Started".




Sign in
Don't have an account? [Click here to sign up](#)

If you are a Sydney member, [click here](#) to login

Username/email *

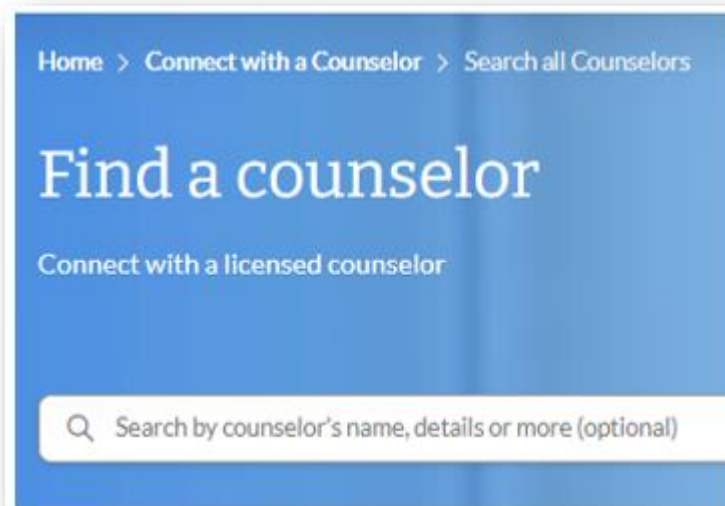
[Forgot username](#)

Password *

 
[Forgot password](#)

Sign in

Sign in or register

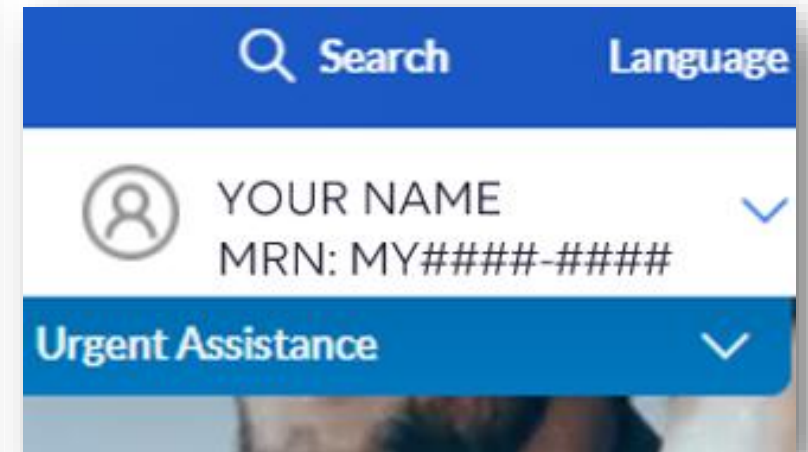


Home > Connect with a Counselor > Search all Counselors


Find a counselor

Connect with a licensed counselor

Search for and connect
with a provider to
schedule your
appointment



Search Language

 YOUR NAME
MRN: MY#####-#####

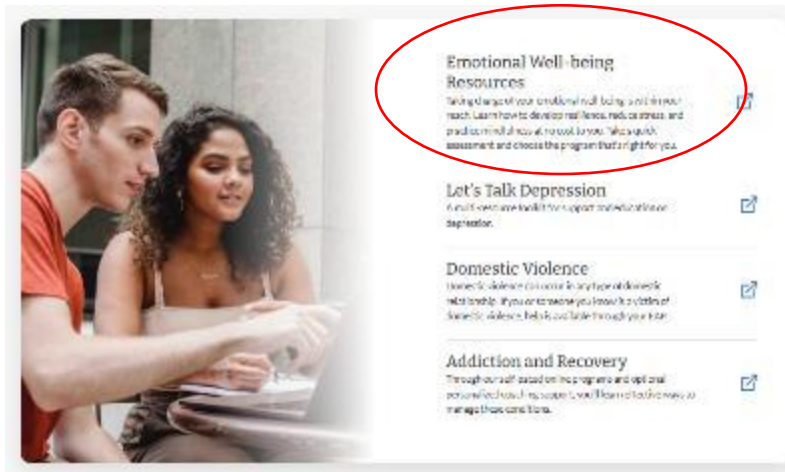
Urgent Assistance

Give the provider
your Member
Reference Number
(MRN)

Emotional Well-being Resources offers support how and when it's needed



Play me



- Self-guided digital Cognitive Behavioral Therapy (CBT) based programs.
- Start by doing a 5-minute assessment and receive personalized modules to help with:
 - Substance use
 - Social anxiety
 - Depression
 - Panic
 - Stress, anxiety, or worry
 - Resilience
 - Insomnia
- Opportunities to engage specialized coaches via text, email, or phone.
- Help with skill-building, resiliency, and mindfulness.
- Available free to employees and their household members (age 13+).
- Visit your EAP website to register. Anthem health plan members can also login into anthem.com or the Sydney health app.



Legal Resources

- Get a referral to an attorney for a no-cost 30-minute consultation either in-person or by phone
- Attorneys are available nationwide

Need to hire an Attorney?

- Anthem EAP can provide a referral for that too
- You get a 25% discount on Attorney's hourly fee or 10% off flat fee services
- Don't forget the legal resources available on the EAP website - Estate Planning, Wills, Power of Attorney and more

The screenshot displays the Anthem EAP Legal Resources website. At the top, a blue navigation bar includes a search icon, a 'Log in' link, and a 'Sign in/Sign up' dropdown. Below the navigation bar, a white banner reads 'Welcome to your Employee Assistance Program (EAP)' with the subtext 'How can we help you?'. To the right of the banner is a video thumbnail showing a man at a laptop, labeled 'Legal Resources' with a play button icon. Below the banner, the text 'Legal Resources through your Company EAP' and 'Connect with a legal professional' is displayed. The main content area features a large card with the heading 'Legal Resources' and the text 'EAP provides consultations with a legal professional.' Below this is a blue button that says 'Click here to get started'. To the right of this card is a white box with the text 'To request a consultation, call your EAP at: 800-000-0000' and a phone icon. Below the main card, there are two sections: 'Examples of services include:' and 'Exclusive benefits'. The 'Examples of services include:' section lists five categories with icons: Criminal Concerns, Estate Planning, Civil Issues, Divorce / Custody, and Consumer Issues. The 'Exclusive benefits' section lists two benefits: 'You and eligible family members can call EAP and request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you.' and 'Continued services are offered at a discounted rate from the attorney's usual hourly rate.'

Welcome to your Employee Assistance Program (EAP)
How can we help you?

Legal Resources

Legal Resources through your Company EAP
Connect with a legal professional

Legal Resources
EAP provides consultations with a legal professional.

Click here to get started

To request a consultation, call your EAP at:
800-000-0000

Examples of services include:

- Criminal Concerns
- Estate Planning
- Civil Issues
- Divorce / Custody
- Consumer Issues

Exclusive benefits

- You and eligible family members can call EAP and request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you.
- Continued services are offered at a discounted rate from the attorney's usual hourly rate.

Financial Resources

Unlimited telephone access to financial consultants knowledgeable in a wide range of financial topics. Financial consultants can provide direction and additional resources on many topics.

Consultations with a financial professional for:

- Debt and credit management
- Saving for retirement and education
- Life event planning
- Budgeting
- Comprehensive financial fitness

The screenshot displays the Employee Assistance Program (EAP) website. At the top, there is a blue navigation bar with a search icon, a 'Search' button, and a 'Language' dropdown. Below the navigation bar, a white banner reads 'Welcome to your Employee Assistance Program (EAP)' with the subtext 'How can we help you?'. To the right of the banner is a video thumbnail titled 'Financial Planning' showing three people (two women and one man) looking at a laptop. Below the banner, the text 'Financial Planning Benefits through your Company EAP' is followed by 'Taking charge of your finances is within your reach'. A central section features a video thumbnail of a woman and a child sitting on a couch, with the text 'Financial Planning' and 'EAP provides consultations with a financial professional.' Below this is a blue button that says 'Click here to get started'. To the right of this section is a white box with a blue border containing the text 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, there are two white boxes. The left box is titled 'Examples of consultations include:' and lists three items: 'Debt and credit management' (with a credit card icon), 'Saving for education and retirement' (with a piggy bank icon), and 'Life event planning such as buying a home' (with a house icon). The right box is titled 'Exclusive benefits' and lists three items: 'Financial tools and calculators to assist with debt and credit management.' (with a calculator icon), 'Online seminars to help plan life's events.' (with a laptop icon), and 'Articles with information on varied financial planning topics.' (with a document icon).

Welcome to your Employee Assistance Program (EAP)
How can we help you?

Financial Planning Benefits through your Company EAP
Taking charge of your finances is within your reach

Financial Planning
EAP provides consultations with a financial professional.

Click here to get started

To request a consultation, call your EAP at:
800-000-0000

Examples of consultations include:

- Debt and credit management
- Saving for education and retirement
- Life event planning such as buying a home

Exclusive benefits

- Financial tools and calculators to assist with debt and credit management.
- Online seminars to help plan life's events.
- Articles with information on varied financial planning topics.

ID Monitoring and Recovery

Sign up for no cost ID monitoring services.

In the event your identity is compromised your EAP provides:

- A free 30-minute consultation with an identity recovery professional
- Paperwork completion assistance*
- Notification to credit agencies and contact with impacted creditors to negotiate credit issues
- ID theft specialists will work to restore credit to pre-theft level
- Educational materials on credit and ID theft
- Unlimited support

*Member must complete the police report
Register for ID Notify prior to an event and for ongoing support.



A screenshot of a website for Employee Assistance Programs (EAP). The top section is titled "Financial Planning" and includes a sub-header "EAP provides consultations with a financial professional." and a button "Click here to get started". To the right of this section is a photo of a woman and a child sitting on a couch, with a piggy bank and coins on the coffee table. Further right is a call-to-action box that says "To request a consultation, call your EAP at:" followed by a phone icon. Below the "Financial Planning" section is a section titled "Identity monitoring and theft resolution services through our partner IDnotify." with a button "Click here to get started" circled in red. At the bottom, there are two columns. The left column is titled "Examples of consultations include:" and lists three items: "Debt and credit management" (with a credit card icon), "Saving for education and retirement" (with a graduation cap icon), and "Life event planning such as buying a home" (with a house icon). The right column is titled "Exclusive benefits" and lists three items: "Financial tools and calculators to assist with debt and credit management." (with a calculator icon), "Online seminars to help plan life's events." (with a laptop icon), and "Articles with information on varied financial planning topics." (with a document icon).

Your life is busy...
let us help.

Find information on topics
like:

- Parenting
- Work-life balance
- Health and wellness
- Consumer resources
- Healthy communication



Work-Life Resources

Anthem EAP can help by providing consultation and referrals for any dependent care or daily living need.

Resources include:



Child & Elder Care

- Day Care Centers
- Summer Camps
- Back-Up Care
- Caregiver Support
- Retirement Communities
- Assisted Living Facilities



Daily Living Resources

- Transportation
- Emergency Shelters & Food Banks
- Consumer Information
- Housing & Moving Needs
- Wedding Planners
- Pet Care Providers

Live chat connects you to an EAP representative for 24/7 real-time support for things like:

- Appointment scheduling
- Finding a provider
- Questions about your benefit



Additional Website Resources



News for You



Seminars



Articles



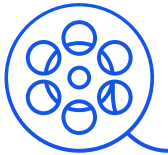
Assessments



Podcasts



Critical Event Support



Videos



Guidance to Care

Anthem EAP

Call 24/7 800-999-7222 or visit
www.anthemEAP.com/SISC



Thank you!

Participant Survey



Please scan the QR code with the camera on your mobile device to complete the survey.



Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org. If your issue is an emergency, call 911 or go to your nearest emergency room.

Talkspace does not offer emergency services.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is the trade name of Caredon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.