

For help with life's challenges

turn to your Employee Assistance Program

Anthem 

Available 24/7, 365 days a year
Everything you share is confidential*

Your Anthem Employee Assistance Program (EAP) is here at no extra cost for you and those in your household. It is **included with your medical plan and our life and disability products**. The program can help with everyday issues like parenting or work-life balance, as well as mental health concerns or addiction. Everything you share is confidential and stays between you and your EAP.*

You're not alone

Your EAP is staffed with professionals who are trained to help you with issues and questions, big or small. Resources include the following:



Counseling

- Up to three visits per issue
- In-person visits
- Virtual visits through LiveHealth Online (once you register at [livehealthonline.com](https://www.livehealthonline.com))



myStrength online tool

- E-learning modules and mood trackers
- Library of videos, articles, and inspirational quotes
- Support developing personal action plans



Legal consultation

- 30-minute phone or in-person meeting
- Discounted fees to retain a lawyer
- Free legal resources, forms, and seminars online



Dependent care and daily living resources

- Online information about child care, adoption, elder care, and assisted living
- Phone consultation with a work/life specialist
- Help with pet sitting, moving, and other common needs



Financial consultation

- Phone meeting with financial professionals
- Regular business hours; no appointment required
- Free financial resources and budgeting tools online



Crisis consultation

- Toll-free emergency number; 24/7 support
- Online critical event support during a crisis



ID recovery

- Help reporting to consumer credit agencies
- Assistance with paperwork and creditor negotiations



Additional well-being resources at [anthemEAP.com](https://www.anthemEAP.com)

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues

When something unexpected happens, count on your EAP to be ready with the support you need.

How to access your EAP

You can call us at 888-209-7840 or go to [anthemEAP.com](https://www.anthemEAP.com) and enter your company code: **My EAP CA** (include spaces).

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

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

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。

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