

Employee Assistance Program

Have questions about home, work or family?

Maybe you're a few months behind on bills and want to get back on track. Or you're new to town and looking for a daycare center. Whatever your concern, a call to the Employee Assistance Program (EAP) can help you through it.

What is EAP anyway?

You may have heard about EAP but aren't sure what it is. EAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an EAP staff member. Just call 800-999-7222 or visit anthemEAP.com. You'll be connected in an instant, and we're here 24 hours a day, every day, to help you.

How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange several free visits with a licensed professional. If you have money or legal questions, we can put you in touch with a financial advisor or a lawyer.

If online help is more your style, visit anthemEAP.com. You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

- Workplace safety
- Child and elder care resources
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

Remember, EAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called EAP unless you give them permission in writing.*

*In accordance with federal and state law, and professional ethical standards.Anthem Blue Cross is the trade name of Blue Cross of California, Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. ® ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross name and symbol are registered marks of the Blue Cross Association.

Have there been a few bumps in the road?

EAP can help smooth it out. Call 800-999-7222 or go to anthemEAP.com and enter SISC.

YOUR EMPLOYEE SUPPORT PROGRAM

Elder Care Resources — Support is there when you need it

The care of an older family member can be a very rewarding experience. But whether you are providing hands-on assistance, or managing care from afar, caregiving can be both challenging and stressful.

Your employee support program can help with information and referrals to assist you in all areas of elder caregiving and family support.

- Confidential caregiver support services provided 24/7 via phone or web
- Qualified Elder Care Consultants available
- Community resources and assistance in your area
- Literature on caregiving, insurance, and end-of-life decisions
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities

ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.



TOLL-FREE: 800 999-7222
WEBSITE: www.anthemeap.com
USERNAME: SISC

YOUR EMPLOYEE SUPPORT PROGRAM

Child Care Resources — Support for families with children

Raising children is a full-time job and sometimes you need extra help and advice. Your employee support program is here to assist you find quality child care, research the best schools, and locate resources in your community such as after school activities and summer camps.

Our qualified child care consultants are available to assist with resources customized to your situation any time, any day by phone, e-mail, or Live Connect.

- Referrals for child care centers, family day care homes, camps, schools, tutors, and more
- Resources for gifted and special needs children
- Comprehensive online library of articles and tip sheets on every aspect of parenting and child rearing
- Information on health, wellness, and child development



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WEBSITE: www.anthemaeap.com
PASSWORD: SISC