



August 7, 2017

TO: Superintendent and Key Contacts of Selected SISC III Member Districts

FROM: John Stenerson, Deputy Executive Officer

SUBJECT: Employee Assistance Program (EAP) services

The SISC medical plans provide an **Employee Assistance Program (EAP)** to all employees and household members who are covered by a SISC bargaining unit. **The EAP provides little known, yet valuable benefits at no cost.** This month we are highlighting two features.

- ✓ myStrength: A health club for the mind
- ✓ Identity theft protection

The attached flyers provide additional information.

Please help us get the word out about these EAP program features by posting these flyers on your district's intranet site or forwarding on to your employees.



myStrength:
A health club for the mind

myStrength.com
The health club for your mind.™

To support employees using the latest in engagement technology, Anthem is pleased to offer *myStrength* to our expanding line of services and features.

It's online learning about stress and depression

It's evidence based

It's innovative

myStrength utilizes smart engagement technology to connect and supply our team with tools and information manage stress, anxiety & depression.

<http://view.vzaar.com/1293302/player>

MyStrength

- **Online learning resource**
- **Evidence based content**
- **Innovative consumer engagement**
- **Self paced**
- **It's confidential**
- **It's user friendly & engaging**
- **Registration is easy thru the EAP website.**
- **Log onto www.anthemep.com / Password = **SISC****
 - **Click on *myStrength***
 - **Create a personal profile**
 - **Complete a brief wellness assessment**

Has your identity been stolen? Want to avoid being a victim?

Turn to Employee Assistance Program for help with repairing and protecting your identity.

Now more than ever your identity may be at risk. Thieves have become savvy at stealing personal and financial information no matter where you do business. So while you may think your identity is secure, the truth is, it may not be.

Employee Assistance Program's ID Recovery can help you avoid the risk of identity theft. And if your identity does happen to be stolen, we can help get you back on track. Our specialists are trained to help you repair and restore your credit status. They're available 24/7 at 800-999-7222, so you can call them whenever you need help. Even better, their services come at no extra cost to you.

When you call Employee Assistance Program our ID recovery specialists will:

- › Consult with you for 30 minutes.
- › Create an action plan based on your unique level of risk.
- › Fill out all necessary paperwork for you.
- › Notify credit agencies and negotiate with creditors.
- › Restore your credit to pre-theft level.
- › Offer you materials on credit and ID theft.
- › Give you guidance as often as you need it.

Identity theft can hurt your credit rating, cost you money, take hours or weeks to repair and cause a lot of stress. Let us help you through it. Call Employee Assistance Program at 800-999-7222 now. You can also log on to our website: anthemEAP.com; login ID: SISC.

Like all Employee Assistance Program programs, ID recovery is available to you and members of your household at no extra cost.

Here's how to reach us:

Toll-free: 800-999-7222

Website: anthemEAP.com

Login ID: SISC

