

# Your Employee Assistance Program



During those moments when you feel overwhelmed, your Employee Assistance Program (EAP) is here for you with real-life tips, tools, articles, webinars, and links to helpful resources. As always, your EAP is private, confidential, and included as part of your benefits.<sup>1</sup>

## Support and advice for every step of the way



### Counseling

Connect with a mental health professional for a variety of matters, including in moments of crisis. In-person and virtual options are available. Virtual options are offered through Talkspace or LiveHealth Online.<sup>2</sup>



### Work-life resources

Find resources for career, parenting, healthy communication, and balancing work and family.



### Financial planning

Talk with a professional and find resources that can help you take charge of your finances.



### Legal resources

Access online resources and legal help in-person or by phone for each issue, each year, at no added cost.<sup>3</sup> You or eligible family members can call EAP and request a consultation for each separate issue, with a network attorney at no cost.



### Self-paced courses and resources

Emotional Well-being resources connect you to one-on-one coaching, self-help digital tools and access to articles, podcasts, and webinars for help with depression, anxiety, relationships, and alcohol use.



### Self-assessments

Take self-assessments to get personalized recommendations on the best resources for your needs.



### Connect to resources anytime

For questions or issues, you have access to your EAP 24/7. Contact your EAP by calling **855-223-9277** or visit **[anthemeap.com/cova](http://anthemeap.com/cova)**.

<sup>1</sup> In accordance with federal and state law, and professional ethical standards.

<sup>2</sup> Appointments are subject to the availability of a therapist. Online counseling is not appropriate for all kinds of issues. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call the National Suicide Prevention Lifeline 24/7 at 988, or dial 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

<sup>3</sup> Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly. If you have Anthem health coverage, your cost for a visit may be similar to what you would pay for an office therapy visit, depending on your benefits, copay, or percentage of the cost. If you're not covered by an Anthem plan, you'll be responsible for paying the full cost for a visit.

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In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider 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 offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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