



Your Anthem Employee Assistance Program



Anthem EAP



Your Employee Assistance Program

- The Employee Assistance Program (EAP) is designed to help with any issues that impact your life or ability to perform your job.
- The EAP is a free, confidential service that provides help for personal and work-related issues through a team of licensed mental health professionals and work/life specialists.
- All employees and their household members are eligible for EAP services.
- Anthem EAP Representatives are available 24 hours a day, 7 days a week.



Emotional Wellbeing

Callers are provided referrals to licensed mental health professionals either immediately on their call or by email if preferred.

- Up to 5 no cost counseling sessions
- Sessions are available per situation
- Private and Confidential
- In-Person, Virtual, and Telephonic Sessions
- Digital Resources



Legal Services

Need Legal Advice? Anthem EAP can help.

- Get a referral to an Advice Attorney for a no cost 30-minute consultation.
- Advice Attorneys are available nationwide
- Anthem EAP can provide a referral for that too.
- Discounts on Attorney fees

Don't forget the legal resources available on the EAP website - Estate Planning, Wills, Power of Attorney and more.

Financial Resources

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

- Bankruptcy prevention
- Comprehensive financial fitness
- Debt reduction and management
- Financial planning
- Housing education and purchasing
- Budgeting
- Estate planning
- Identity Protection and Recovery



Child & Elder Care Resources

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

Resources include:

- Day Care Centers
- Family Day Care Homes
- Back-Up Care
- Public & Private Schools
- Nanny Agencies
- Summer Camps
- Retirement Communities
- Elder Hostels
- Senior Centers
- Assisted Living Facilities
- Nursing Homes
- Caregiver Support





Daily Living Assistance

Anthe EAP can help by providing consultation and referrals for a number of daily living needs such as:

- Transportation Resources
- Hardship Assistance
- Emergency Shelter & Food Banks
- Housing & Moving Needs
- Consumer Information
- Travel Information
- Wedding Planners
- Landscaping
- Home Repair & Modification
- Pet Care

AnthemEAP.com

- Private and secure
- Company Specific Login
- Live Connect
- 1000s of articles
- Monthly Features
- Self-assessments & Quizzes
- Financial Calculators
- Self-Search Options
- The “News for You” tab
- Free webinars
- Let’s Talk Depression - a multi-resource toolkit to support and educate members about depression.
- COVID-19 Specific Resources

The screenshot shows the AnthemEAP.com website homepage. At the top left are the Anthem and REEP logos. Below them is a photo of a family. To the right is a photo of four people in a meeting. Below the photos is the text: "Welcome Regional Employer/Employee Partnership" and "Phone : 800-999-7222". There is a link for "Coronavirus (COVID-19) Resources" and a "LIVECONNECT ONLINE" logo. A navigation bar includes "About Your Services", "EAP Orientation", "Feedback", and "Email the Expert". Below this is a search bar with "Choose Language" and "Go" buttons, and a "Search" bar with "Go" and "Advanced Search" options. A secondary navigation bar lists "Homepage", "Parenting", "Aging", "Balancing", "Thriving", "Working", "Living", and "International". The main content area features three columns: "RESOURCE CENTER" with a compass icon and a list of self-service options; "FIND RESOURCES NEAR YOU" with a keyboard icon and a list of services; and "FINANCIAL AND LEGAL ASSISTANCE" with a scale icon and a list of services. To the right is a vertical list of topics like "Let's Talk Depression", "Domestic Violence", etc. At the bottom, there is a "News For You" section with a "September" header and a photo of two people playing chess.

Anthem REEP

Welcome Regional Employer/Employee Partnership
Phone : 800-999-7222

[Coronavirus \(COVID-19\) Resources](#)

LIVECONNECT ONLINE

About Your Services EAP Orientation Feedback Email the Expert

Choose Language Go Search Go Advanced Search

Homepage Parenting Aging Balancing Thriving Working Living International

RESOURCE CENTER
Your self-service area to:
• Search for EAP counselors
• Confirm your first appointment
• Send messages to your EAP
[Read More: Resource Center](#)

FIND RESOURCES NEAR YOU
Your self-service area to find:
• Child Care
• Adult Services
• Pet Sitter
• Elder Care
Use our handy search tool
[Read More: Find Resources Near You](#)

FINANCIAL AND LEGAL ASSISTANCE
• Quicken WillMaker & Trust
• Financial management tools
• Legal assistance
[Read More: Financial and Legal Assistance](#)

- Let's Talk Depression +
- Domestic Violence +
- Critical Event Support +
- Addiction and Recovery +
- Monthly Promotion +
- ID Monitoring +
- Legal/Financial +
- myStrength.com +
- Live Tobacco Free +
- Savings Center +
- Relocation Center +
- NEW Podcasts +

News For You

September
Every September is World Alzheimer's Month.

Consulting With The EAP

The EAP has a dedicated team of consultants trained to provide consultations to managers and HR. Our goal is to assist you, as a leader, to determine what services your employees could most benefit from.

You might seek consultation for:

- Personal issues impacting attendance
- A specific concern for an employee
- Interpersonal conflicts
- General support
- Critical Incident Support & Management



EAP Trainings

Anthem EAP offers training for your employees. Training and wellness seminars are available on-site and via webinar. The EAP offers a complete catalog of training and wellness seminars on a wide variety of topics such as:

- EAP orientation
- Risk management
- Leadership Skill Building
- Work Life Balance
- Time Management
- Parenting
- Personal growth
- Financial Management
- Health and wellness




Resolving Issues

If there are ever any concerns regarding a EAP service, including scheduling a timely appointment with a provider, unhelpful resources, or being billed for no-cost services, we want resolve these issues immediately.

Please encourage employees to contact the EAP for a prompt resolution.





Anthem EAP is here 24/7
to help you with whatever
comes your way.

Toll-Free: (800) 999-7222

Or go to [AnthemEAP.com](https://www.AnthemEAP.com)
and enter your company code: REEP

Anthem[®]EAP