Anthem

SISC
Self-Insured Schools of California
Schools Helping Schools

Live your best life!

Take advantage of EAP's free resources and support.

Life can surprise you with its many ups and downs. That's why the Employee Assistance Program (EAP) is here for you — 24/7, 365 days a year. Whether you're struggling to find **child care**, plan for **retirement** or cope with **addiction**, we can help. EAP offers:

One-on-one counseling by phone, in-person and online.

Web-based tools and resources:

- Articles, checklists, quizzes and other educational materials
- Webinars, podcasts and eLearning modules about everything from **parenting** and **identity theft** to **disaster preparedness**
- **Legal forms**, including **wills**, **living trusts** and **rental agreements**
- LiveCONNECT instant messaging with a work-life specialist

Legal and financial consultations.

Support on the go:

- The online and mobile **myStrength** program serves as a "health club for the mind," connecting you to emotional health resources for managing **depression**, **anxiety**, **stress**, **substance use** and **sleep issues**.
- LiveHealth Online for virtual visits with a licensed therapist
- **@AnthemEAP on Twitter**. Enjoy daily well-being information and tips.
- **The WellPost blog at anthemEAP.com**. Read about a wide range of work-life topics, written by experts in their fields.

Whatever life throws at you, remember that you're not alone. When you contact EAP, you'll reach a real person dedicated to your immediate needs.

Ready to get started?

Just call 800-999-7222 or visit anthemEAP.com and enter SISC. EAP services are available to you and members of your household for free. Everything you share is confidential and stays between you and EAP.*

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

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