

With you every step of the way

Emotional Well-being Resources offer help when you need it



Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Go to anthemEAP.com and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.

AnthemEAP



SISC
Self-Insured Schools of California
Schools Helping Schools

 **learntolive**

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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Emotional support is available

Your Employee Assistance Program is here for you

Recent events in communities across the country have had an impact on so many. As you and your loved ones experience the effects of what's happening, it is important to take the time to care for your mental and emotional well-being. When you take care of yourself first, you will be in a better position to help those you care about and your communities. Your Employee Assistance Program (EAP) can help.

Your EAP has always been available to offer support and resources when you need them most. Whether you are looking for immediate emotional support or would like to connect to helpful resources, we are here for you with confidential services.

Your EAP includes:



Telephone support and counseling services



Updates and important resource information on the EAP website



An online library with articles on grief, anxiety, stress, and other topics



Self-care tools

The health and well-being of you and the communities we serve remain a top priority, especially now. Please consider leaning on your EAP for support.



Reach out to your EAP today



Call us at 800-999-7222.



Visit anthemEAP.com and enter SISC to log in.

EAP services are confidential. No one will know you've contacted your EAP unless you give your permission in writing.

Language Access Services - (TTY/TDD: 711)

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