Employee Assistance Program
Service Summary
Goodwin University Magnet Schools

Goodwin University
Magnet School System

Anthem

Available 24/7, 365 days a year
Everything you share is confidential*

Life can be full of challenges. Your Anthem Employee Assistance Program (EAP) is here to help you and your household members. EAP offers a wide range of **no-cost** support services and resources, including:

Counseling
- Up to 3 visits per issue
- In-person or online visits
- Call EAP or use the online Member Center to initiate services

Legal consultation
- 30-minute phone or in-person meeting
- Discounted fees to retain a lawyer
- Free legal resources, forms, and seminars online

Financial consultation
- Phone meeting with financial professionals
- Regular business hours; no appointment required
- Free financial resources and budgeting tools online

ID recovery
- Help reporting to consumer credit agencies
- Assistance with paperwork and creditor negotiations

myStrength
- E-learning modules and mood trackers
- Library of videos, articles, and inspirational quotes
- Support developing personal action plans

Dependent care and daily living resources
- Online information about child care, adoption, elder care, and assisted living
- Phone consultation with a work-life specialist
- Help with pet sitting, moving, and other common needs

Other anthemEAP.com resources
- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues

Crisis consultation
- Toll-free emergency number; 24/7 support
- Online critical event support during crises

We are ready to support you
You can call us at **800-865-1044**, or go to **anthemEAP.com**

When something unexpected happens, EAP can help you figure out your next steps. Contact us today.

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

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Language Assistance Services – [illegible]

Español – [illegible]

Chinese – [illegible]

Anthem complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. [illegible]

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