

# How to reach us

Help that goes where you do. Keep us handy:



## Employee Assistance Program (EAP)

800-999-7222



## Website

anthemEAP.com  
Enter SISC to log in.



## Free, confidential help

24 hours a day, 7 days a week



## myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter SISC



**Your privacy matters.** No one will know you've contacted EAP unless you give permission in writing.\* Let us give you a helping hand. Just call 800-999-7222 or go to anthemEAP.com and enter SISC to log in.

# Here for you, 24/7

Let EAP help



## What's your Employee Assistance Program (EAP)?

We're the folks who can help you meet life's challenges. Call 800-999-7222 or visit anthemEAP.com and enter SISC to log in. Everything you share is confidential and will stay between you and us.\*



## Employee Assistance Program

800-999-7222  
anthemEAP.com  
Enter SISC

to log in. Free, confidential help  
24 hours a day, 7 days a week.



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

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。

請撥打您的 ID 卡上的成員服務號碼尋求協助。

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

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## We're here for your everyday problems and questions, big or small.

Take a deep breath. New to town and looking for child, elder or pet care? We can help with that and ...



Finding work-life balance.



Parenting a child with special needs.



Dealing with addiction and recovery.



Setting retirement goals.



Getting mental health resources and information.



Just about anything else life throws at you.

## What our clients say



*"Every single person that I have spoken to with our EAP has been so very nice and supportive! You have a great staff of caring individuals."*

*"This is a priceless benefit. I am so thankful to have access to EAP. It means a lot to me and my family."*

*"It is very helpful to be able to obtain assistance to get over life's bumps now and then. Much appreciated."*

*"Good to know there are resources out there for everyone who needs assistance and this really helps – just wonderful!"*

*"I am so glad my employer has this program and I'm able to use it. It is a lifesaver for my family, which does help me perform better at work."*

Talk to us by phone, in-person or online. You can:



Use our toll-free number to speak with an EAP professional.



Meet with a professional face to face.



Have up to 6 free counseling visits per issue per year.



Ask us about online visits with LiveHealth Online.

Get to know your EAP better at [anthemEAP.com](http://anthemEAP.com)



### myStrength – the health club for your mind™

This free online and mobile tool offers unlimited access to resources for stress, anxiety, depression, substance use and sleep.



## Contact us 24/7.

Simply call 800-999-7222 or visit [anthemEAP.com](http://anthemEAP.com) to be connected right away – at no cost to you.

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