

Tackle life's challenges with a personalized digital experience

Support and advice for every step of the way



Connect with a mental health professional for a variety of matters, including in moments of crisis. In-person and virtual options are available. Virtual options are offered through Talkspace or LiveHealth Online.²



Access online resources and legal help in-person or by phone for each issue, each year, at no added cost.³ You or eligible family members can call EAP and request a consultation for each separate issue, with a network attorney at no cost.



Find resources for career, parenting, healthy communication, and balancing work and family.



Emotional Well-being resources connect you to one-on-one coaching, self-help digital tools and access to articles, podcasts, and webinars for help with depression, anxiety, relationships, and alcohol use.



Talk with a professional and find resources that can help you take charge of your finances.



Take self-assessments to get personalized recommendations on the best resources for your needs.



For questions or issues, you have access to your EAP 24/7. Contact your EAP by calling **800-999-7222** or visit your **www.anthemeap.com/sisc**.

¹ In accordance with federal and state law, and institutional ethical standards.

