

Your Employee Assistance Program



During those moments when you feel overwhelmed, your Employee Assistance Program (EAP) is here for you with real-life tips, tools, articles, webinars, and links to helpful resources. As always, your EAP is private, confidential, and included as part of your benefits.¹ **Support and advice for every step of the way**

Counseling



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

Work-life resources



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

Financial planning



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

Legal resources



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.

Self-paced courses and resources



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.

Self-assessments



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

Connect to resources anytime

For questions or issues, you have access to your EAP

24/7. Contact your EAP by calling **855-223-9277** or visit



anthemeap.com/the-local-choice.

Select “sign up” at the top right corner. On mobile devices, click the hamburger menu at the top right then “sign up.”

Fill out personal details; skip the question that asks for the “First 3 characters of your member ID” **if you do not have an Anthem/TLC insurance plan**. Select your insurance under the Health Insurance Carrier tab or “No insurance” if you are not enrolled in a state-provided health plan

¹ Issue is an emergency, call 911 or go to your nearest emergency room.

³ Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly. If you have Anthem health coverage, your cost for a visit may be similar to what you would pay for an office therapy visit, depending on your benefits, copay, or percentage of the cost. If you're not covered by an Anthem plan, you'll be responsible for paying the full cost for a visit.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988, the National Suicide Prevention Lifeline, and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Inc. Serving all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc. The Commonwealth of Virginia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.