

A group of diverse people, including a woman with curly hair, a man with a beard and glasses, and a man with a mustache, are smiling and laughing. They are looking up at the camera, creating a sense of joy and community. The background is a plain, light color.

Anthem Employee Assistance Program Orientation



Your EAP

The Employee Assistance Program (EAP) is designed to help with any issues that impact your life or ability to perform your job.

- The EAP is a **free, confidential service** that provides help for personal and work-related issues through a team of licensed mental health professionals and work/life specialists.
- All employees and their household members are eligible for EAP services.
- Anthem EAP Representatives are **available 24 hours a day, 7 days a week.**



Counseling Services

Callers are given referrals to licensed mental health professionals either immediately on their call or by email if preferred.

- No cost counseling sessions
- Up to 5 sessions available per situation
- Private and Confidential
- Able to see a counselor face to face or through virtual counseling

New for 2022

- Virtual Onsite provider Carolyn Comini will be available to Aerospace Employees and their household members
- Anthem Assistance with appointment confirmations

Carolyn Comini, LMFT

Carolyn brings 25 years of experience to the counseling world. She enjoys helping people regain their confidence and achieve personal and professional goals in life. Carolyn's experience ranges from individuals to families and couples. She brings a wealth of experience including teaching skills to help people through some of the most difficult challenges.

In her free time, Carolyn enjoys traveling, learning about new cultures, being outdoors, reading and spending time with family and friends.

You may call Carolyn directly to schedule an appointment. Carolyn is a Licensed Marital & Family Therapist in CA and CO and is pursuing licensure in VA.

Phone: (562) 618-7424





Virtual Counseling Visits

With Psychologists and Therapists

Anthem EAP offers the option of video visits in the privacy of your home or office at times convenient to you.

- Live Health Online visits are available as part of your EAP benefit at **no additional cost**
- Ability to schedule a visit within seven days
- Ability to interact privately with a psychologist or therapist in a comfortable environment
- EAP visits are \$0 copay, Psychology and Psychiatry subject to plan deductible and coinsurance





Legal Services

Need Legal Advice? Anthem EAP can help.

- Get a referral to an Advice Attorney for a no cost 30 minute consultation.
- Advice Attorneys are available nationwide

Need to hire an Attorney?

- Anthem EAP can provide a referral for that too.
- You get a 25% discount on Attorney's hourly fee

Don't forget the legal resources available on the EAP website - Estate Planning, Wills, Power of Attorney and more.

Financial Resources

Unlimited access to financial consultants who can provide direction and resources on topics such as:

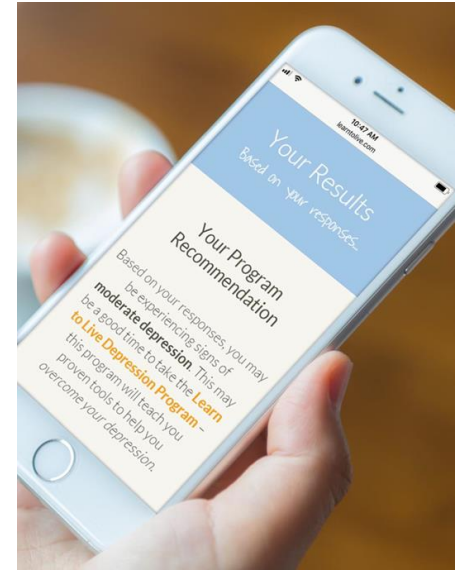
- Bankruptcy prevention
- Comprehensive financial fitness
- Debt reduction and management
- Financial planning
- Housing education and purchasing
- Budgeting
- Estate planning
- Identity Protection and Recovery



Emotional Wellbeing Resources

- Your emotional health is an important part of your overall health.
- With Emotional Well-being Resources, you can receive support to help you and your household live your happiest, healthiest lives.
- Built on the proven principles of Cognitive Behavioral Therapy, 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.
- A comprehensive self-assessment provides appropriate program recommendations for you and your family (age 13+). English & Spanish
- Personalized care modules promote skill-building, resiliency, and mindfulness.

*Available on [Anthem.com](https://www.anthem.com) and [AnthemEAP.com](https://www.anthem.com/eap) Jan 1, 2022



You'll learn effective ways to manage:



Social anxiety



Depression



Stress, anxiety, worry



Insomnia



Substance use



ID Recovery & Monitoring

IDnotify powered by Experian

- CyberAgent – a proprietary technology that detects matches to stolen personally identifiable information (PII) and confidential data online.
- Outreach notifications of possible ID Theft
- Assists with restoration & preventing future loss
- Lost Wallet Program - helps members quickly and effectively terminate and re-order the contents of their wallet

Child & Elder Care Resources

Anthem EAP provides consultation and referrals for any dependent care need. Resources include:

- Day Care Centers
- Family Day Care Homes
- Back-Up Care
- Public & Private Schools
- Nanny Agencies
- Summer Camps
- Retirement Communities
- Elder Hostels
- Senior Centers
- Assisted Living Facilities
- Nursing Homes
- Caregiver Support





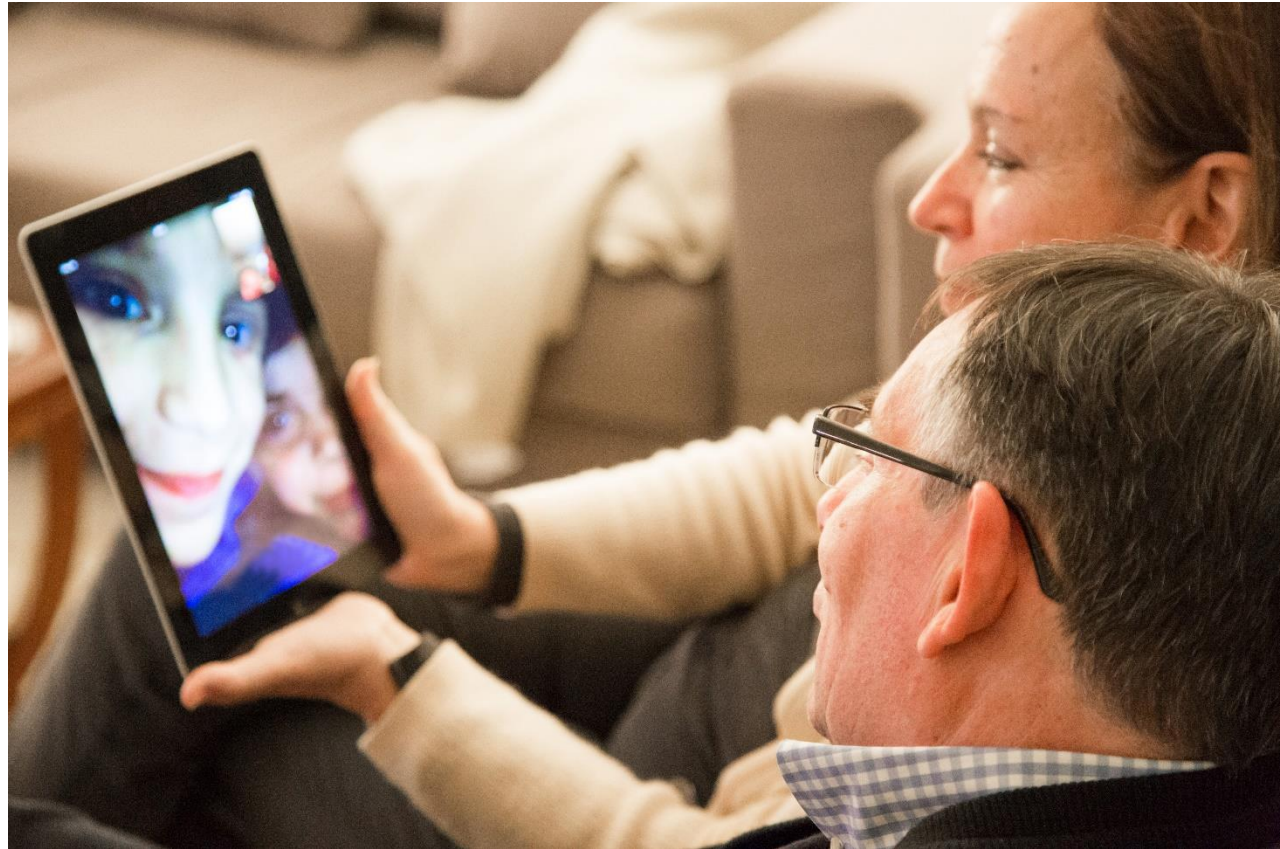
Daily Living Assistance

Anthem EAP provides consultation and referrals for a number of daily living needs such as:

- Transportation Resources
- Hardship Assistance
- Emergency Shelter & Food Banks
- Housing & Moving Needs
- Consumer Information
- Travel Information
- Wedding Planners
- Landscaping
- Home Repair & Modification
- Pet Care

AnthemEAP.com

- Private and secure
- LiveConnect - IM
- COVID-19 Resources
- 1000s of articles
- Monthly Features
- Self-assessments & Quizzes
- Financial Calculators
- Self-Search Options
- Free webinars
- Let's Talk Depression Center
- Emotional Wellbeing Resources





Questions?

Contact your Anthem EAP today!

877-657-6060

Or Visit Our Website at

[AnthemEAP.com](https://www.AnthemEAP.com)

Login: aerospace