

Employee Assistance Program  
**Service Summary**

County of San Diego

Employer Sponsored Program



The Anthem Employee Assistance Program (EAP) provides solutions to help you balance work and life through confidential and easily accessible services. Anthem EAP puts convenient resources within your reach, and that helps you – and your household members – stay healthy. Anthem EAP services include:

**Face-to-Face Counseling.** You and your household members are eligible for up to 5 visits for each personal situation, as needed. You don't have to have Anthem insurance to qualify for this benefit. You can simply call the toll-free Anthem EAP number or access services online using the "Member Center."

**Legal Assistance.** You can receive a free 30 minute consultation in person or over the phone at a time that is convenient for you. You can even receive a discount on fees should you retain the attorney. Online resources include free legal forms, seminars and a full library of articles.

**Financial Assistance.** Our financial professionals provide free telephonic consultation on the financial topics that are important to you. Counseling sessions have no time limitations, and are available without appointment during regular business hours. Online resources include an assortment of financial calculators and access to PocketSmith, a budgeting and management tool.

**ID Recovery.** Specialists are available 24/7 to assess your risk level and then identify steps to resolve potential identity theft. All services are provided to you free of charge. This may include completing any necessary paperwork, reporting to the consumer credit agencies, and negotiating with creditors to repair debt history. Our specialists will work with you to restore your financial identity to its pre-theft status.

**Crisis Consultation.** If you have an emergency, simply call the Anthem toll-free number. Consultants are available 24/7/365 to help or just listen, depending on your needs.

**myStrength.** This online and mobile "health club for your mind" gives you information based on the latest research to help you and your household members handle stress and other issues. This tool includes online learning modules, mood trackers, videos, articles and inspirations to support you in developing a personal action plan and make healthy changes.

#### Tobacco Cessation (Online and Coaching)

**Online Program:** LivingFree™ is a free 10 sessions, online training program which will help you learn how to break the tobacco habit. The program focuses on the root emotional and physical causes of using tobacco.

**Telephonic Coaching:** A free service provided via telephone or through instant messaging. The certified Coach will help you address the triggers of your tobacco use and how to overcome them as well as address issues related to weight management and fitness.

**Dependent Care and Daily Living Resources.** You and your household members can get information on child care, adoption, summer camps, college placement relocation, plus resources on elder care issues and assisted living by accessing the website's resources or by calling the EAPs toll-free number and speaking with a work/life representative.

**Other Web Resources.** Full library of health and emotional well-being articles. Monthly webinars. Self-assessment tools on topics such as depression, relationships, anxiety, anger, alcohol, eating and more.

To contact Anthem EAP, please call us toll-free at 888 777-6665

or visit us at [www.anthemead.com](http://www.anthemead.com).

Enter your company code: County of San Diego

For program limitations and exclusions contact your EAPs toll-free number.

Confidentiality: No one will know you've called EAP unless you give them permission in writing in accordance with federal and state law, and professional ethical standards.

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