



Your Employee Assistance Program (EAP)

Here when you need us

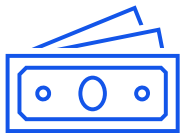
Personalized Solutions



Counseling through in-person care along with text, voice, video, and asynchronous-chat options



Legal consultation with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources



Financial consultation including a phone meeting with financial professionals during business hours



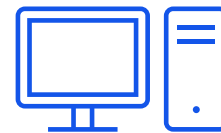
ID monitoring and recovery for help reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors if your ID is stolen



Emotional Well-being Resources administered by Learn to Live, with digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness , one-on-one coaching available— at no added cost



Dependent care for information on childcare, adoption, summer camps, college placement, elder care, and assisted living



Website resources including assessments, access to counseling, well-being articles, podcasts, webinars, and tools to support work-life balance and emotional well-being



Crisis consultation for around-the-clock support or urgent needs

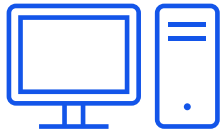
EAP Counseling Benefit

Personalized counseling support for you and your household members

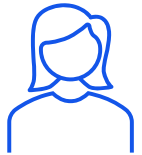
- 8 counseling sessions per issue, per year per person
- Employees and household members are eligible for services
- Sessions are private, no cost, and conveniently accessed — whether that's in-person, online, or through a mobile device
- Therapy sessions are designed to best fit each person's needs



Care Options



Face to face video visits



In-office

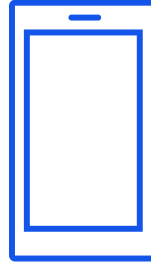


**Live chat session or
asynchronous chat**

Call your EAP's toll-free number or visit your EAP website.

You decide what's right for you

We're available
24/7 to help you
get started with
EAP counseling.



Call 888-777-6665



Speak to an EAP
Representative



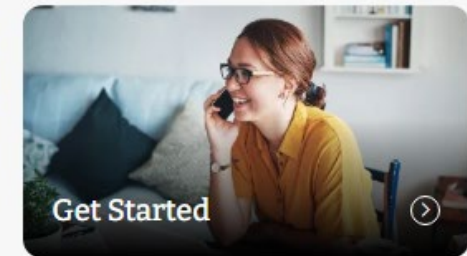
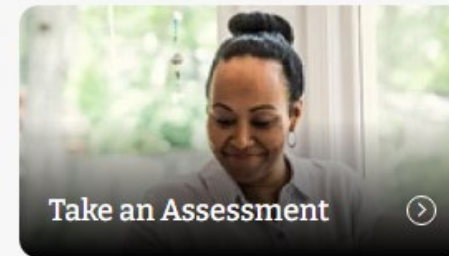
Receive information about your
counseling referral

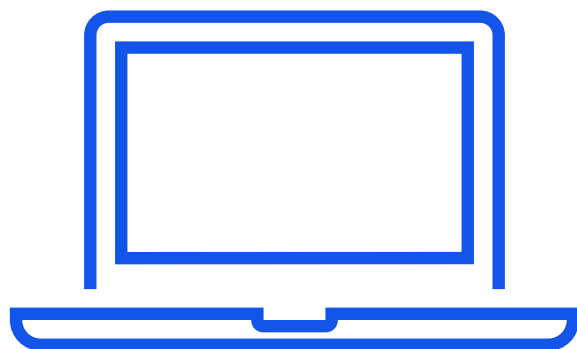
Do-it-yourself access to care

- Get more information about counseling options
- Request an authorization
- Search for in-network EAP providers
- Access virtual care

Welcome to your Employee Assistance Program (EAP)

How can we help you?





EAP
Website

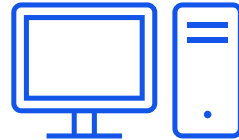


A screenshot of the EAP website interface. At the top is a blue navigation bar with a search icon and the word "Search", and a "Language" link. Below this is a "Sign in/Sign up" link with a dropdown arrow. The main content area has a breadcrumb trail "Home > Connect with a Counselor" and a "Urgent Assistance" button with a dropdown arrow. The central heading is "Get connected to a mental health counselor", followed by a subtext: "Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns." To the right of this text is an icon of a clipboard with a speech bubble. Below the text are two tabs: "Telehealth options" (active) and "In-person options". Under the "Telehealth options" tab, it says "Explore these telehealth options to get started:". There are two cards: "LiveHealth Online" with a description "Anthem EAP offers employees and their household members LiveHealth Online counseling visits with a psychologist or other licensed mental health professional." and a "Learn more" button; and "Talkspace" with a description "Text, audio and video messaging with a therapist anytime (ages 13+)." and a "Visit portal" link with an external link icon.

Your EAP
counseling visits,
your way.



talkspace.com/associatecare



Use the QR code or log on to
talkspace.com/associatecare to set
up your account.



When asked to enter the
organization name, **enter “EAP”, a
space and your company’s code**
(example: “EAP COSD”)



Follow the instructions to schedule
your appointment.



Anthem EAP Provider Network


[Search](#) [Language](#)

[Sign in/Sign up](#)

[Home](#) > [Connect with a Counselor](#) [Urgent Assistance](#)

Get connected to a mental health counselor

Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns.



[Telehealth options](#) [In-person options](#)


You have access to a counselor near you:

Search all Counselors

Explore counselors in your area to get started now.

[Get Started](#)


Sign in
Don't have an account? [Click here to sign up](#)

 If you are a Sydney member, [click here](#) to login

Username/email *

[Forgot username](#)

Password *

 
[Forgot password](#)

Sign in


Sign in or register



Home > Connect with a Counselor > Search all Counselors


Find a counselor

Connect with a licensed counselor

Search for and connect
with a provider to
schedule your
appointment

 Search Language

 YOUR NAME
MRN: MY####-#### 

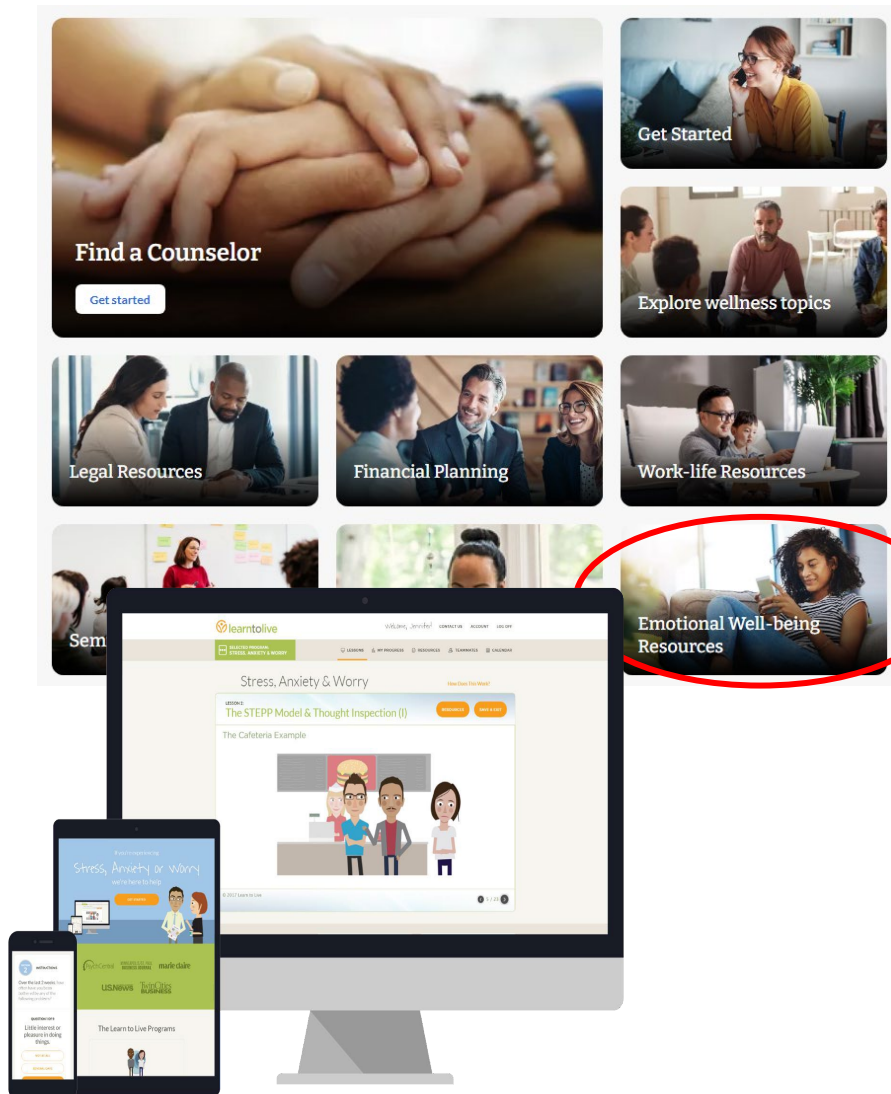
Urgent Assistance 

Give the provider
your Member
Reference Number
(MRN)

Emotional Well-being Resources offers support how and when it's needed



Play me



- Self-guided digital Cognitive Behavioral Therapy (CBT) based programs.
- Start by doing a 5-minute assessment and receive personalized modules to help with:
 - Substance use
 - Social anxiety
 - Depression
 - Stress, anxiety, or worry
 - Resilience
 - Insomnia
- Opportunities to engage specialized coaches via text, email, or phone.
- Help with skill-building, resiliency, and mindfulness.
- Available free to employees and their household members (age 13+).
- Visit your EAP website to register.

Legal Resources

- Get a referral to an attorney for a no-cost 30-minute consultation either in-person or by phone
- 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 or 10% off flat fee services
- Don't forget the legal resources available on the EAP website - Estate Planning, Wills, Power of Attorney and more

The screenshot displays the Anthem EAP Legal Resources website. At the top, there is a blue navigation bar with a search icon, a language dropdown, and a 'Sign In/Sign up' link. Below the navigation bar, a large banner features the text 'Welcome to your Employee Assistance Program (EAP)' and 'How can we help you?'. To the right of the banner is a video thumbnail titled 'Legal Resources' showing a man working on a laptop. Below the banner, the text 'Legal Resources through your Company EAP' and 'Connect with a legal professional' is displayed. A central section titled 'Legal Resources' includes the text 'EAP provides consultations with a legal professional.' and a blue button labeled 'Click here to get started'. To the right of this section is a call-to-action box that says 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, there are two sections: 'Examples of services include:' which lists 'Criminal Concerns', 'Estate Planning', 'Civil Issues', 'Divorce / Custody', and 'Consumer Issues' with corresponding icons; and 'Exclusive benefits' which describes a 30-minute consultation and a discounted rate for continued services, each with an icon.

Welcome to your Employee Assistance Program (EAP)
How can we help you?

Legal Resources

Legal Resources through your Company EAP
Connect with a legal professional

Legal Resources
EAP provides consultations with a legal professional.

Click here to get started

To request a consultation, call your EAP at:
800-000-0000

Examples of services include:

- Criminal Concerns
- Estate Planning
- Civil Issues
- Divorce / Custody
- Consumer Issues

Exclusive benefits

- You and eligible family members can call EAP and request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you.
- Continued services are offered at a discounted rate from the attorney's usual hourly rate.

Financial Resources

Unlimited telephone access to financial consultants knowledgeable in a wide range of financial topics. Financial consultants can provide direction and additional resources on many topics.

Consultations with a financial professional for:

- Debt and credit management
- Saving for retirement and education
- Life event planning
- Budgeting
- Comprehensive financial fitness

The screenshot displays the EAP website interface. At the top, there is a blue navigation bar with a search icon, a language dropdown, and a 'Sign in/Sign up' link. Below the navigation bar, a white banner reads 'Welcome to your Employee Assistance Program (EAP)' with the subtext 'How can we help you?'. To the right of the banner is a video thumbnail titled 'Financial Planning' showing three people in a meeting. Below the banner, a section titled 'Financial Planning Benefits through your Company EAP' states 'Taking charge of your finances is within your reach'. This section features a card with the title 'Financial Planning' and the text 'EAP provides consultations with a financial professional.', accompanied by a photo of a woman and a child with a piggy bank, and a blue button that says 'Click here to get started'. To the right of this card is a white box with the text 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, there are two white boxes. The left box, titled 'Examples of consultations include:', lists three categories with icons: 'Debt and credit management', 'Saving for education and retirement', and 'Life event planning such as buying a home'. The right box, titled 'Exclusive benefits', lists three items: 'Financial tools and calculators to assist with debt and credit management.', 'Online seminars to help plan life's events.', and 'Articles with information on varied financial planning topics.'

Welcome to your Employee Assistance Program (EAP)
How can we help you?

Financial Planning

Financial Planning Benefits through your Company EAP
Taking charge of your finances is within your reach

Financial Planning
EAP provides consultations with a financial professional.

Click here to get started

To request a consultation, call your EAP at:
800-000-0000

Examples of consultations include:

- Debt and credit management
- Saving for education and retirement
- Life event planning such as buying a home

Exclusive benefits

- Financial tools and calculators to assist with debt and credit management.
- Online seminars to help plan life's events.
- Articles with information on varied financial planning topics.

ID Monitoring and Recovery

Sign up for no cost ID monitoring services.

In the event your identity is compromised your EAP provides:

- A free 30-minute consultation with an identity recovery professional
- Paperwork completion assistance*
- Notification to credit agencies and contact with impacted creditors to negotiate credit issues
- ID theft specialists will work to restore credit to pre-theft level
- Educational materials on credit and ID theft
- Unlimited support

*Member must complete the police report
Register for ID Notify prior to an event and for ongoing support.

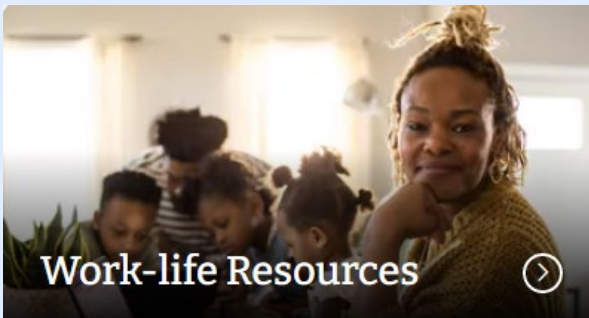


A screenshot of the IDnotify website. The top section features a "Financial Planning" card with a photo of a woman and child, a description "EAP provides consultations with a financial professional.", and a "Click here to get started" button. To the right is a call-to-action box: "To request a consultation, call your EAP at:" with a phone icon. Below these is a central banner for "Identity monitoring and theft resolution services through our partner IDnotify." with a "Click here to get started" button circled in red. The bottom section is divided into two columns: "Examples of consultations include:" with icons for "Debt and credit management", "Saving for education and retirement", and "Life event planning such as buying a home"; and "Exclusive benefits" with icons for "Financial tools and calculators to assist with debt and credit management.", "Online seminars to help plan life's events.", and "Articles with information on varied financial planning topics."

Your life is busy...
let us help.

Find information on topics
like:

- Parenting
- Work-life balance
- Health and wellness
- Consumer resources
- Healthy communication



Work-Life Resources

Anthem EAP can help by providing consultation and referrals for any dependent care or daily living need.

Resources include:



Child & Elder Care

- Day Care Centers
- Summer Camps
- Back-Up Care
- Caregiver Support
- Retirement Communities
- Assisted Living Facilities



Daily Living Resources

- Transportation
- Emergency Shelters & Food Banks
- Consumer Information
- Housing & Moving Needs
- Wedding Planners
- Pet Care Providers

Live chat connects you to an EAP representative for 24/7 real-time support for things like:

- Appointment scheduling
- Finding a provider
- Questions about your benefit



Additional Website Resources



News for You



Seminars



Articles



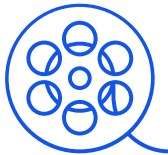
Assessments



Podcasts



Critical Event Support



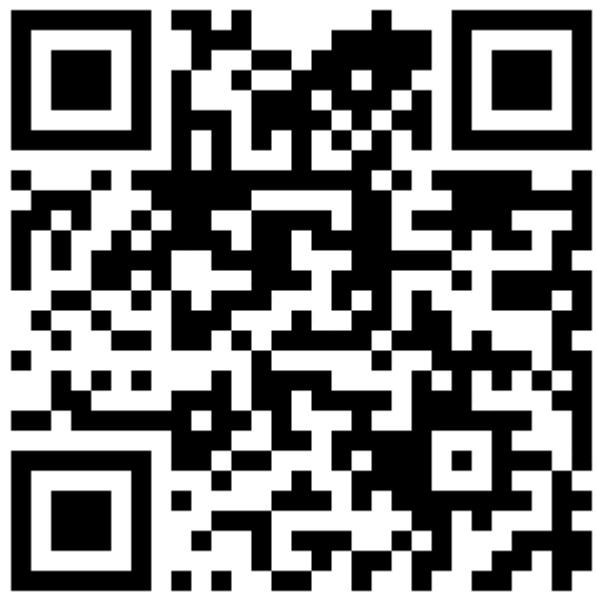
Videos



Guidance to Care

Anthem EAP

Call 24/7 888/777-6665 or visit
www.anthemEAP.com/COSD



Thank you!



Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org. 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 professional in your plan's network. If you receive care from a doctor or healthcare professional 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 the trade name of Caredon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.