

# Employee Assistance Program Summary of Services



## Stafford County Public Schools

**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 four (4) 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. 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. Free credit monitoring services available via the website.

### **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 at [www.anthemead.com](http://www.anthemead.com) Or call (800) 346-5484 to speak directly with a 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.

**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** is an online and mobile "health club for the mind" that delivers easy-to-use cognitive-behavioral information and real world content to consumers who need support with anxiety, depression, trauma, substance abuse and daily stress.

**To contact Anthem EAP, please call us toll-free at (800) 346-5484 or visit us at [www.anthemead.com](http://www.anthemead.com).**

**Enter your company code: Stafford County Schools**