



Anthem's Employee Assistance Program (EAP) offers support for you and your family during this challenging time.

As news of COVID-19 continues to evolve, you may find yourself growing increasingly concerned about dependent care, personal finances or even your family's preparedness to whether the storm. If so, rest assured you're not alone. Remember, your Employee Assistance Program (EAP) is here to provide you and your household members support during challenging times.

Need support? Reach out to the EAP today!

- [anthemeap.com](https://www.anthemeap.com) (log in: **AUHSD**)
- Call **800-999-7222**

With your EAP you'll have no-cost, confidential access to¹:

- **Telephonic support.** Available 24/7. Talk to a counselor for in-the-moment support or a work/life specialist who can assist you in identifying resources to meet your individual needs.
- **Counseling visits.** Get a referral for in-office or LiveHealth Online video visits to manage stress, anxiety, and other issues. Call for a referral.
- **Child and Eldercare resources.** Speak to a work/life specialist who can conduct a search for local resources for full, part-time and back-up care. Conduct your own search at [anthemeap.com](https://www.anthemeap.com)
- **Financial consultations.** Meet telephonically with a certified financial professional who can discuss your short and longer term financial concerns.
- **Legal consultations.** Speak to an attorney for a no cost consultation to discuss your legal questions.²
- **myStrength.** Join this virtual "health club for your mind" to gain access to tools to help manage stress, anxiety, depression, insomnia and more. To register, select the myStrength Center on the EAP website.
- **Website.** At [anthemeap.com](https://www.anthemeap.com) (log in: **AUHSD**) you'll find tips, tools and resources for COVID-19, a critical event center, and more.

¹ In accordance with federal, state law, and professional ethical standards.

² Excludes benefit and employment matters. A per issue per 12 month period benefit.