

**SISC**Self-Insured Schools of California  
*Schools Helping Schools*

## Counseling Services Available to all Employees at No Cost

### **Anthem EAP**

All employees and everyone in their household have access to up to 6 free and confidential\* counseling sessions per issue through Anthem EAP.

Anthem EAP features 24/7 telephone access to clinicians and can assist participants in:

- Finding work-life balance
- Parenting a child with special needs
- Dealing with addiction and recovery
- Setting retirement goals
- Getting mental health resources and information
- Just about anything else life throws at you

**1-800-999-7222**

**[www.anthemead.com](http://www.anthemead.com)**

Company Code: *SISC*



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**SISC**

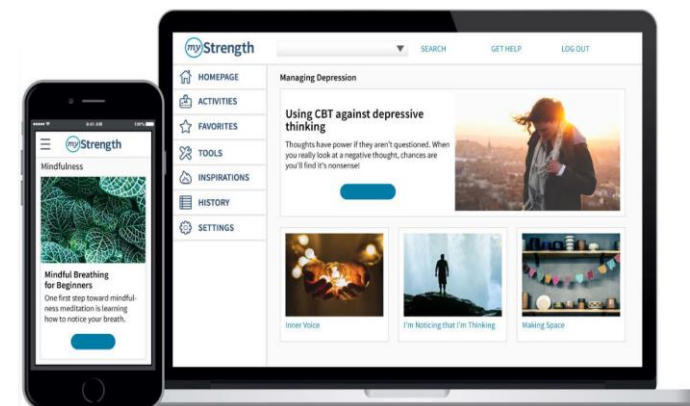
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### myStrength

Like a virtual gym for your mind, myStrength provides personalized online resources to help members handle life's ups and downs, and feel more positive.

Highly interactive, individually-tailored applications empower myStrength users to address depression, anxiety, stress, substance use, chronic pain and sleep challenges, while also supporting the physical and spiritual aspects of whole-person health.

Members have access to positivity training tools, inspirational videos, articles and quotes, a daily mood tracker and step-by-step eLearning programs.



[www.anthemcap.com](http://www.anthemcap.com)

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## Financial Services Available to all Employees at No Cost

### **Anthem EAP**

SISC member district employees and those in their household may consult with financial experts through Anthem EAP. Participants receive unlimited access to financial experts knowledgeable in a wide range of topics. Support may include consultation on the following topics:

- Bankruptcy prevention
- Comprehensive financial fitness
- Debt reduction and management
- Financial planning
- Housing education and purchasing
- And more

**1-800-999-7222**

**[www.anthemep.com](http://www.anthemep.com)**

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## Childcare Resources Available to all Employees at No Cost

### **Anthem EAP**

SISC member district employees and those in their households may receive support with childcare resources through Anthem EAP. Participants receive referrals for everything from child care centers and family day care homes to camps, schools, tutors, and more through Anthem EAP.

Support may include:

- Resources for gifted and special needs children
- Access to an online library with articles and tips on parenting and child rearing
- Information on health, wellness, and child development

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## Elder Care Resources Available to all Employees at No Cost

### **Anthem EAP**

SISC member district employees and those in their household may receive support with elder care resources through Anthem EAP. Participants receive confidential caregiver support services provided 24/7 via phone or online through Anthem EAP.

Support may include:

- Qualified Elder Care consultations always available
- Local community resources and assistance
- Articles on caregiving, insurance, and end-of-life decisions available online
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities

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