



**EAP Services for
Employees and
their Household
Members**

What's the EAP all about?

Everyday problems and concerns in living that affect the quality of our work and family life





Basic Features of the Program

- 6 brief counseling sessions per incident
 - Licensed Professionals
 - Confidential service
 - Voluntary program
- Offered to employees & their household members
 - No cost to use EAP
 - Available 24 hrs./7 days

Call (800)999-7222 or go to anthemEAP.com and enter SISC

Work Life Services



Consultations, resources & referrals for assistance with everyday living:

- ❖ Parenting and child care
- ❖ Adult care and aging concerns
- ❖ Consumer education
- ❖ Education and school selection
- ❖ Health and wellness
- ❖ Pet care and resources
- ❖ Convenience Services



Identity Monitoring and Recovery

- Free identity theft monitoring service available by registering on the EAP website
- Educational materials on credit & protecting against identity theft
- ID Recovery Specialists available to help assess risk level and identify steps to resolve identity theft.
 - This may include:
 - Completing any necessary paperwork
 - Reporting to the consumer credit agencies
 - Help notify credit agencies and assist with contacting with impacted creditors to negotiate credit issues
- Specialists will work with members to restore their financial identity to its pre-theft status.



Live Tobacco Free

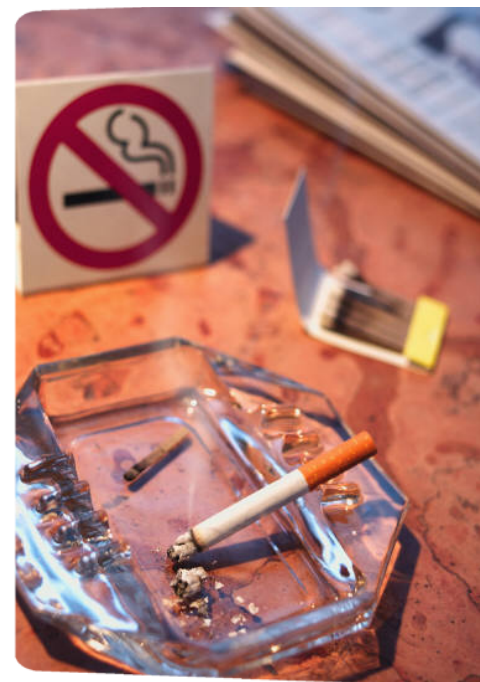
Two Components of Tobacco Cessation

Online Program:

- 10 session online tobacco cessation program focusing on techniques to break the tobacco habit. Addresses the root emotional and physical causes of using tobacco.
- Sessions are on demand and accessible anytime.

Telephonic Coaching:

- A trained tobacco cessation coach will help identify & address the triggers of tobacco use and how to overcome them.
- The coach will work with participants on pertinent issues in preparation for quitting such as family involvement, weight management and fitness.
- Supportive, motivational sessions are scheduled to help members attain wellness goals.



myStrength

Meeting people where they are

The logo for myStrength, featuring the word "my" in a blue circle followed by "Strength" in a bold blue font.

myStrength

<http://view.vzaar.com/2851988/player>

