



## Employee Assistance Resources for Wage and Waived Employees Not Covered Under a State Health Plan

Anthem – [www.anthemep.com](http://www.anthemep.com), enter Company Code *EAP Can Help*

The Anthem EAP website contains a wealth of resources including:

- The Let's Talk Depression toolkit
- Online Seminars
- Resource Search (for childcare, eldercare, etc.)
- ELearning
- Domestic Violence center
- ID Monitoring
- Legal/Financial resources including access to 100+ legal forms
- Articles/Resources to support employee emotional health and productivity

In addition to these resources, there is an entire section on COVID-19. Employees can access the information on the link in the upper left hand corner of the website, screenshot below:



- Emotional Health
- Physical Health
- Coping with Lockdown, including a section on Working from Home
- Families and Parenting
- Financial Tips
- Online Events
- Back to Work

The Online Events also may be helpful. Here's a snapshot at right of currently available resources.

### Online Events

In order to help support you during this time, these customized online seminars have been created to help you identify and acknowledge the emotions you may be experiencing and offer practical suggestions for coping. (Note: If video does not play automatically, click "Play" icon on bottom of the media player.)

- Coronavirus: Minimizing the Impact & Building Psychological Immunity
- Keep Calm and Carry On: Maintaining Your Composure Amidst the Pandemic Panic
- Anthem - Coping with Uncertainty during the COVID-19 Pandemic: A seminar for first responders and health care professionals
- Anthem - Mindful Meditation
- Anthem - How to Keep Your Family Healthy
- Anthem - How to Stay Healthy
- Anthem - Washing Hands
- Anthem - The Intersection of Uncertainty and Parenting: COVID-19 (Coronavirus)
- Anthem - Financial Uncertainty as the Coronavirus Spreads
- Anthem - Conquering Fear and Anxiety
- Anthem - Talking with your Child About the Coronavirus
- Anthem - When and Where to get Medical Advice
- *Virtual Roundtable*—Transforming to a Virtual Team Overnight: How to Adjust to Remote Management
- Working Parents: How to Juggle Your Changing Demands and Homeschool Your Child
- *Virtual Roundtable*—Running the COVID Battle: Strategies for Our Medical Heroes
- Isolation: How to Mentally Cope with Socially Isolating

## **Aetna - Contact Aetna Resources For Living at 1-833-327-2386.**

Due to COVID-19, Aetna Resources For Living (RFL) is offering support and resources to individuals and organizations who have been impacted by Coronavirus. Any wage and other employees who are not covered by a state health plan in need of support can access these services at no additional cost. Any non-Aetna member may contact RFL at **1-833-327-2386** and also access free resources for coping with COVID-19 at [Aetna's COVID-19 Resources Site](#) and at this [RFL Toolkit](#).

RFL support services include:

- In-the-moment phone support to help callers cope with the emotional impact of the COVID-19 outbreak
- Informational brochures about dealing with a crisis
- Community resource referrals, including local support services in the local area
- Management consultation to help organizations respond to the needs of their employees
  - Employers may contact our specialized support line at 1-800-243-5240.
  - Group support services may be available telephonically or onsite where appropriate on a fee-for-service basis to help managers and employees manage the disruption and distress of this situation.

[Aetna's COVID-19 Resources Site](#) and the [RFL Toolkit](#) contain a wealth of resources including webinars and information on:

- National resources
- Managing anxiety and stress
- Helping healthcare workers
- Supporting parents and children
- Dealing with grief and loss
- Managing finances
- Spending time at home and staying connected
- Caring for yourself
- Navigating work change