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

Anthem – [www.anthemeap.com](http://www.anthemeap.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:

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

May 2020