

# **HEALTH BENEFITS E-NEWS EXTRA**

*Department of Human Resource  
Management  
Office of Health Benefits*

*June 5, 2020*

## **Virtual Employee Assistance Program (EAP) Services Can Assist Agencies and Employees in These Unprecedented Times**

In light of COVID-19 and the crises our country and communities are facing with racial disparities and tensions, remember that numerous EAP resources are available to agencies to help your employees.

EAP personnel can facilitate trainings virtually to ensure easy, safe access for your employees at this time:

- **Critical Incident Response** to address traumatic incidents, natural disasters and workplace issues.
- **Workshops** covering a variety of issues are also available. A listing of available topics as well as a Manager's Manual can be found on the DHRM website and at [www.anthem.com/cova](http://www.anthem.com/cova). Please note that new topics on COVID-19 and diversity/racism injustices are being added.

Anthem EAP is the primary provider for these services to agencies. For more information or to schedule services for your agency, email Lynn Vogel at [lynn.vogel@anthem.com](mailto:lynn.vogel@anthem.com).

Employees also have access to **online EAP resources** on individual counseling, legal/financial consultations, and other services through their individual state health plan benefit.

To contact the EAP:

**COVA Care and COVA HDHP:** 855-223-9277 or [www.AnthemEAP.com](http://www.AnthemEAP.com),  
(Company Name: Commonwealth of Virginia)

**COVA HealthAware:** 888-238-6232 or [www.mylifevalues.com](http://www.mylifevalues.com) (Password: COVA)

**Kaiser Permanente HMO:** 866-5177042 or [www.achievesolutions.net/kaiser](http://www.achievesolutions.net/kaiser)

**Optima Health Vantage HMO:** 866-846-2682 or [www.optimahealth.com/cova](http://www.optimahealth.com/cova)

**Please do not reply to this e-mail. You may send inquiries to the Office of Health Benefits mailbox at [ohb@dhrm.virginia.gov](mailto:ohb@dhrm.virginia.gov)**