



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. 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.

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,

(Company Name: Commonwealth of Virginia)

COVA HealthAware: 888-238-6232 or www.mylifevalues.com (Password: COVA)

Kaiser Permanente HMO: 866-5177042 or www.achievesolutions.net/kaiser

Optima Health Vantage HMO: 866-846-2682 or www.optimahealth.com/cova