



HR Highlights October 2022

Anthem EAP Services: Support for Times of Need and the Everyday

Life can be full of challenges. An employee assistance program (EAP) provides quick and easy access to no-cost support and resources to help meet the challenges of everyday life and provide critical support in a crisis.

EAP can help employees when they are feeling overwhelmed, stressed or just need an extra hand. Anthem EAP also offers agency level support related to critical incident response, workshops, and manager consultations. Contact with the EAP is entirely confidential, and the services are available to covered members, and their household members.

No-cost Employee/Household benefits:

Counseling:

- Up to 4 no cost counseling visits per issue per plan year
- Face-to-face, telephonic, text, or virtual

Legal consultation:

- Free 30-minute phone or in-person meeting
- Discounted fees to retain a lawyer
- Free legal resources, forms, and seminars online

Financial consultation

- Unlimited phone consultations with financial professionals
- Regular business hours: no appointment required
- Free financial resources and budgeting tools online

ID monitoring and recovery

- Monitoring of activity
- Help reporting to consumer credit agencies
- Assistance with paperwork and creditor negotiations

Dependent care and daily living resources

- Online information about childcare, adoption, elder care, and assisted living
- Phone consultation with a work-life specialist
- Finding resources for pet sitting, moving, and other common needs

Other resources

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues
- Digital tools to improve emotional well-being and practice mindfulness on the go

Crisis consultation

- Toll-free emergency number; 24/7 support
- Critical event support during crisis

Contact Anthem EAP

- Visit www.anthemead.com
- Log in: Commonwealth of Virginia
- Call 855-223-9277

No-Cost Agency Resources provided through Anthem EAP for all employees:**Crisis situations or consultations**

- On-site or virtual counseling support regarding a workplace trauma response which may involve Critical Incident Response (CIR) following a tragic event, employee death, or layoff:
- Call 855-223-9277 any time day or night

Free On-Site or virtual Educational and/or Wellness workshops:

- View the catalog on www.AnthemEAP.com under Manager Tools or on the COVA microsite at www.anthem.com/cova to choose your training topic(s)
- Contact Lynn Vogel lynn.vogel@anthem.com or 804-305-0386 to schedule

Manager consultation services:

- Confidential consultation regarding employee issues to include assistance providing mandatory referrals (Anthem members only)