



# Your Employee Assistance Program (EAP)

Here when you need us

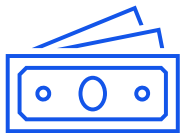
# Personalized Solutions



**Counseling** through in-person care along with text, voice, video, and asynchronous-chat options



**Legal consultation** with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources



**Financial consultation** including a phone meeting with financial professionals during business hours



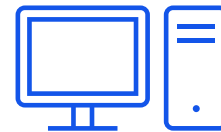
**ID monitoring and recovery** for help reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors if your ID is stolen



**Emotional Well-being Resources** administered by Learn to Live, with digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness, one-on-one coaching available— at no added cost



**Dependent care** for information on childcare, adoption, summer camps, college placement, elder care, and assisted living



**Website resources** including assessments, access to counseling, well-being articles, podcasts, webinars, and tools to support work-life balance and emotional well-being



**Crisis consultation** for around-the-clock support or urgent needs

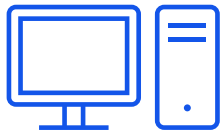
# EAP Counseling Benefit

Personalized counseling support for you and your household members

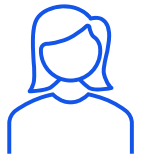
- 6 counseling sessions per issue, per year per person
- Employees and household members are eligible for services
- Sessions are private, no cost, and conveniently accessed — whether that's in-person, online, or through a mobile device
- Therapy sessions are designed to best fit each person's needs



# Care Options



**Face to face video visits**



**In-office**

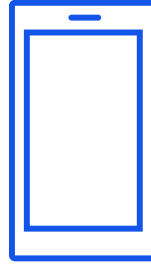


**Live chat session or  
a synchronous chat**

Call your EAP's  
toll-free number  
or visit your EAP  
website.

You decide what's right for you

**We're available  
24/7 to help you  
get started with  
EAP counseling.**



**Call 877-657-6060**



**Speak to an EAP  
Representative**



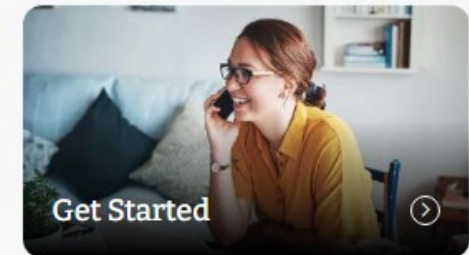
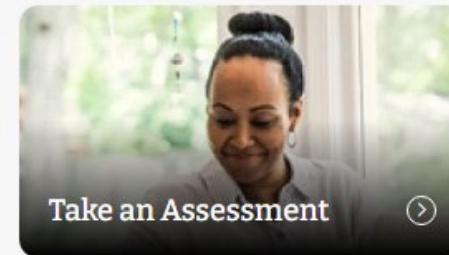
**Receive information about  
your counseling referral**

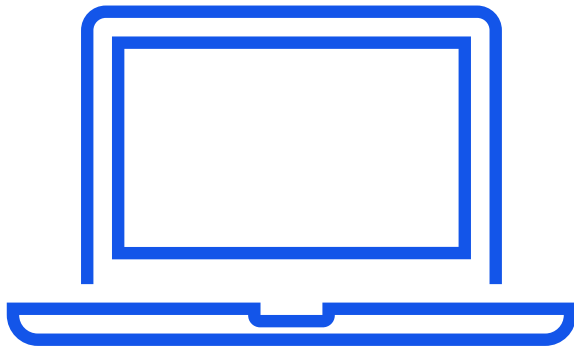
# Do-it-yourself access to care

- Get more information about counseling options
- Request an authorization
- Search for in-network EAP providers
- Access virtual care

## Welcome to your Employee Assistance Program (EAP)

How can we help you?





EAP  
**Website**



A screenshot of the EAP website interface. At the top is a blue navigation bar with a search icon and the word "Search", and a "Language" link. Below this is a "Sign in/Sign up" link with a dropdown arrow. The main content area has a breadcrumb trail: "Home &gt; Connect with a Counselor". On the right side of this area is a "Urgent Assistance" button with a dropdown arrow. The central heading is "Get connected to a mental health counselor", followed by a subtext: "Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns." To the right of this text is an illustration of a clipboard and a speech bubble. Below the text are two tabs: "Telehealth options" (which is selected and highlighted in blue) and "In-person options". Under the "Telehealth options" tab, it says "Explore these telehealth options to get started:". There are two main cards displayed. The first card is for "LiveHealth Online", featuring the "LiveHealth Online" logo, a description: "Anthem EAP offers employees and their household members LiveHealth Online counseling visits with a psychologist or other licensed mental health professional.", and a "Learn more" button. The second card is for "Talkspace", featuring the "Talkspace" logo, a description: "Text, audio and video messaging with a therapist anytime (ages 13+).", and a "Visit portal" link with an external link icon.

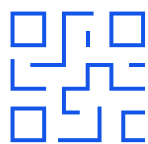
Call your EAP  
toll-free  
number for a  
coupon code to  
access your no-  
cost EAP visits.



**Call your EAP's toll-free number.**  
Request video counseling visits.



**Check your email** for a secure  
message from the EAP containing  
your coupon code.



**Use the link or QR code** provided  
to you to create an account and  
schedule your appointment.



**Enter your coupon code** to zero  
the fee for your allotted visits.

Your EAP  
counseling  
visits, your way.



[talkspace.com/associatecare](https://talkspace.com/associatecare)



Use the QR code or log on to  
**[talkspace.com/associatecare](https://talkspace.com/associatecare)** to  
set up your account.



When asked to enter the  
organization name, **enter “EAP”,  
a space and your company’s  
code** (example: “EAP ABCD”)



Follow the instructions to  
schedule your appointment.



# Anthem EAP Provider Network


[Search](#) [Language](#)

[Sign in/Sign up](#)

[Home](#) > [Connect with a Counselor](#) [Urgent Assistance](#)

## Get connected to a mental health counselor

Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns.



[Telehealth options](#) [In-person options](#)


You have access to a counselor near you:

### Search all Counselors

Explore counselors in your area to get started now.

[Get Started](#)


**Sign in**  
Don't have an account? [Click here to sign up](#)

 If you are a Sydney member, [click here](#) to login

Username/email \*

  
[Forgot username](#)

Password \*

   
[Forgot password](#)

**Sign in**


**Sign in or register**


Home > Connect with a Counselor > Search all Counselors

## Find a counselor

Connect with a licensed counselor

**Search for and  
connect with a  
provider to schedule  
your appointment**

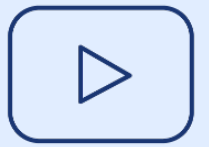
 **Search** **Language**

 YOUR NAME  
MRN: MY####-####

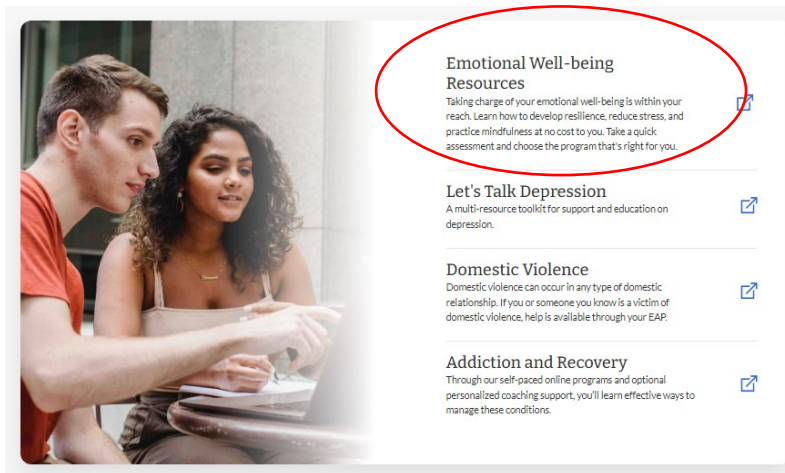
**Urgent Assistance**

**Give the provider  
your Member  
Reference  
Number (MRN)**

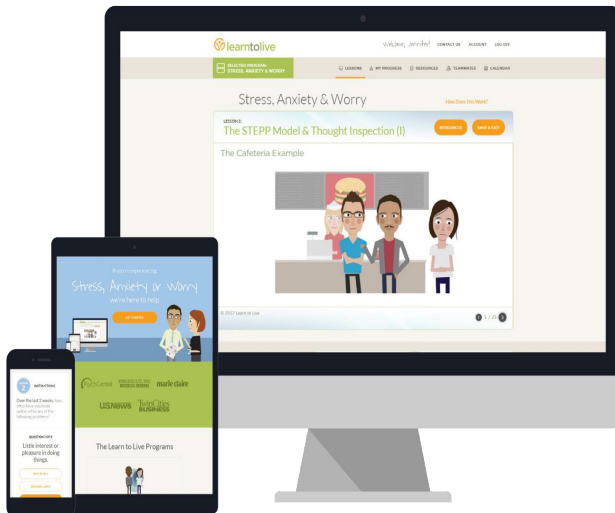
# Emotional Well-being Resources offers support how and when it's needed



Play me



- Self-guided digital Cognitive Behavioral Therapy (CBT) based programs.
- Start by doing a 5-minute assessment and receive personalized modules to help with:
  - Social anxiety
  - Depression
  - Stress, anxiety, or worry
  - Insomnia
  - Substance use
  - Panic
  - Resilience
- Opportunities to engage specialized coaches via text, email, or phone.
- Help with skill-building, resiliency, and mindfulness.
- Available free to employees and their household members (age 13+).
- Visit your EAP website to register. Anthem health plan members can also login into anthem.com or the Sydney health app.



# Legal Resources

- Get a referral to an attorney for a no-cost 30-minute consultation either in-person or by phone
- Attorneys are available nationwide

## Need to hire an Attorney?

- Anthem EAP can provide a referral for that too
- You get a 25% discount on Attorney's hourly fee or 10% off flat fee services
- Don't forget the legal resources available on the EAP website - Estate Planning, Wills, Power of Attorney and more

The screenshot displays the Anthem EAP website interface. At the top, there is a blue navigation bar with a search icon, a language dropdown, and a 'Sign In/Sign up' link. Below the navigation bar, a large banner area features the text 'Welcome to your Employee Assistance Program (EAP)' and 'How can we help you?'. To the right of this text is a video thumbnail showing a man working on a laptop, with the text 'Legal Resources' overlaid. Below the banner, the heading 'Legal Resources through your Company EAP' is followed by the subtext 'Connect with a legal professional'. The main content area is divided into two columns. The left column has a heading 'Legal Resources' and a subtext 'EAP provides consultations with a legal professional.', followed by a blue button that says 'Click here to get started'. The right column contains a white box with the text 'To request a consultation, call your EAP at: 800-000-0000'. Below these columns, there are two more sections. The left section is titled 'Examples of services include:' and lists five categories with icons: Criminal Concerns, Estate Planning, Civil Issues, Divorce / Custody, and Consumer Issues. The right section is titled 'Exclusive benefits' and lists two benefits with icons: a 30-minute consultation and discounted rates for continued services.

Welcome to your Employee Assistance Program (EAP)  
How can we help you?

Legal Resources

Legal Resources through your Company EAP  
Connect with a legal professional

Legal Resources  
EAP provides consultations with a legal professional.  
[Click here to get started](#)

To request a consultation, call your EAP at:  
800-000-0000

Examples of services include:

- Criminal Concerns
- Estate Planning
- Civil Issues
- Divorce / Custody
- Consumer Issues

Exclusive benefits

- You and eligible family members can call EAP and request one 30 minute in-person or telephonic consultation, per separate issue, with a network attorney at no cost to you.
- Continued services are offered at a discounted rate from the attorney's usual hourly rate.

# Financial Resources

Unlimited telephone access to financial consultants knowledgeable in a wide range of financial topics. Financial consultants can provide direction and additional resources on many topics.

## Consultations with a financial professional for:

- Debt and credit management
- Saving for retirement and education
- Life event planning
- Budgeting
- Comprehensive financial fitness

The screenshot displays the EAP website interface. At the top, there is a blue navigation bar with a search icon, a language dropdown, and a 'Sign in/Sign up' link. Below the navigation bar, a white banner reads 'Welcome to your Employee Assistance Program (EAP)' with the subtext 'How can we help you?'. To the right of the banner is a video thumbnail titled 'Financial Planning' showing three people in a meeting. Below the banner, a section titled 'Financial Planning Benefits through your Company EAP' states 'Taking charge of your finances is within your reach'. This section features a card with the title 'Financial Planning' and the text 'EAP provides consultations with a financial professional.', accompanied by a button that says 'Click here to get started'. To the right of this card is a call-to-action box that says 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, there are two columns. The left column, titled 'Examples of consultations include:', lists three categories with icons: 'Debt and credit management', 'Saving for education and retirement', and 'Life event planning such as buying a home'. The right column, titled 'Exclusive benefits', lists three items: 'Financial tools and calculators to assist with debt and credit management.', 'Online seminars to help plan life's events.', and 'Articles with information on varied financial planning topics.'

# ID Monitoring and Recovery

**Sign up for no cost ID monitoring services.**

**In the event your identity is compromised your EAP provides:**

- A free 30-minute consultation with an identity recovery professional
- Paperwork completion assistance\*
- Notification to credit agencies and contact with impacted creditors to negotiate credit issues
- ID theft specialists will work to restore credit to pre-theft level
- Educational materials on credit and ID theft
- Unlimited support

\*Member must complete the police report  
Register for ID Notify prior to an event and for ongoing support.



A screenshot of a website's "Financial Planning" section. The top part features a woman and a child sitting on a couch, with a piggy bank and coins on the coffee table. To the right, a call-to-action box says "To request a consultation, call your EAP at:" with a phone icon. Below this, a section titled "Identity monitoring and theft resolution services through our partner IDnotify." is circled in red, with a "Click here to get started" button underneath. Further down, there are two columns: "Examples of consultations include:" with icons for debt management, education savings, and life event planning; and "Exclusive benefits" with icons for financial tools, online seminars, and articles.

## Your life is busy... let us help.

Find information on  
topics like:

- Parenting
- Work-life balance
- Health and wellness
- Consumer resources
- Healthy communication



## Work-Life Resources

Anthem EAP can help by providing consultation and referrals for any dependent care or daily living need.

Resources include:



### Child & Elder Care

- Day Care Centers
- Summer Camps
- Back-Up Care
- Caregiver Support
- Retirement Communities
- Assisted Living Facilities



### Daily Living Resources

- Transportation
- Emergency Shelters & Food Banks
- Consumer Information
- Housing & Moving Needs
- Wedding Planners
- Pet Care Providers

**Live chat connects you to an EAP representative for 24/7 real-time support for things like:**

- Appointment scheduling
- Finding a provider
- Questions about your benefit



## Additional Website Resources



**News for You**



**Seminars**



**Articles**



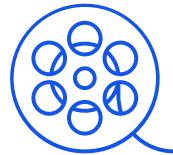
**Assessments**



**Podcasts**



**Critical Event Support**



**Videos**



**Guidance to Care**

# Anthem EAP

Call 24/7 877-657-6060 or visit  
[www.anthemEAP.com/Rivian](http://www.anthemEAP.com/Rivian)



# Thank you!

## Participant Survey

Please scan the QR code with the camera on your mobile device to complete the survey.



Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to [988lifeline.org](https://988lifeline.org). If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is the trade name of Cereon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.