

EPC is excited to share with you the newest Anthem health plan enhancement available to you and your household members!

The EAP is available to ALL employees, whether they are eligible for medical coverage or not, and all their household members. While the EAP is provided through Anthem, it is NOT part of your medical plan. This plan does not require any enrollment or elections, so it is not programmed in Benelogic. The EAP is subject to COBRA, so any terminating employee will automatically have coverage extended for the 18/36 month COBRA period.

The [Employee Assistance Plan \(EAP\)](#) is a robust program that offers supportive services online, telephonically or in person at no cost. When something unexpected happens, the EAP provides a variety of options to help figure out your next steps. From a quick internet search or meeting with a licensed professional, the EAP can be your guide. The EAP is provided through Anthem, but it is NOT part of your medical plan.

The best part? All the resources are confidential and at no cost to you.

Effective Date: July 1, 2021

Below are just a few of benefits available with this plan:

Counseling

3 online or in-person visits for issue

Legal Consultation

30 minute phone or in-person meeting

Financial Consultation

Phone meeting and online resources

Child & Elder Care

Phone meeting and online resources

Life Skills Education & Resources

Webinars, podcasts, articles, forms and checklists

How do you get started?

1.800.865.1044

www.anthemEAP.com – Login is **SWOH EPC**



EAP is always by your side

Supporting your needs, 24/7

Life can be complicated. Your Anthem Employee Assistance Program (EAP) is here to make it simpler — from helping you locate resources and navigate support to managing family and work life.

EAP offers a wide range of support services and resources you can access online, by phone, or in person — at no cost to you. You can address issues like:

- Balancing your personal life and work
- Grief and loss
- Parenting
- School anxiety in children
- Elder, child, and pet care
- Managing legal and financial matters

Note: Your use of EAP is confidential. No one will know without your written permission.*

Guidance for day-to-day needs

The EAP website provides an extra level of support for everyday problem-solving. You can search for adoption and caregiving resources, find summer camp and college placement tips, or browse our legal library. We want you to have the tools you need to live your best life.

Whatever challenges you may face,
EAP can help you determine your next steps.
Call us at 800-865-1044 or visit
anthemEAP.com and enter SWOH EPC.



*In accordance with federal and state law, and professional ethical standards.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



Live your best life!

Take advantage of EAP's free resources and support.

Life can surprise you with its many ups and downs. That's why the Employee Assistance Program (EAP) is here for you – 24/7, 365 days a year. Whether you're struggling to find **child care**, plan for **retirement** or cope with **addiction**, we can help. EAP offers:



One-on-one counseling by phone, in-person and online.



Web-based tools and resources:

- Articles, checklists, quizzes and other educational materials
- Webinars, podcasts and eLearning modules about everything from **parenting** and **identity theft** to **disaster preparedness**
- **Legal forms**, including **wills**, **living trusts** and **rental agreements**



Legal and financial consultations.



Support on the go:

- LiveHealth Online for virtual visits with a licensed therapist
- **@AnthemEAP on Twitter**. Enjoy daily well-being information and tips.
- **The WellPost blog at anthemEAP.com**. Read about a wide range of work-life topics, written by experts in their fields.

Whatever life throws at you, remember that you're not alone. When you contact EAP, you'll reach a real person dedicated to your immediate needs.

Ready to get started?

Just call 800-865-1044 or visit anthemEAP.com and enter SWOH EPC. EAP services are available to you and members of your household for free. Everything you share is confidential and stays between you and EAP.*

*In accordance with federal and state law, and professional ethical standards.

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

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Employee Assistance Program Service Summary Southwestern Ohio Educational Purchasing Coun

Effective date: 07/01/2021



Available 24/7, 365 days a year
Everything you share is confidential*

Life can be full of challenges. Your Anthem Employee Assistance Program (EAP) is here to help you and your household members. EAP offers a wide range of **no-cost** support services and resources, including:



Counseling

- Up to 3 visits per issue
- In-person or online visits
- Call EAP or use the online Member Center to initiate services



Legal consultation

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



Financial consultation

- Phone meeting with financial professionals
- Regular business hours; no appointment required
- Free financial resources and budgeting tools online



ID recovery

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



Dependent care and daily living resources

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



Other anthemEAP.com resources

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues



Crisis consultation

- Toll-free emergency number; 24/7 support
- Online critical event support during crises

We are ready to support you

You can call us at **800-865-1044**, or go to **anthemEAP.com** and enter your company code: **SWOH EPC**.

When something unexpected happens, EAP can help you figure out your next steps. Contact us today.

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