



Employee Assistance Program

Orientation for Employees

Anthem[®]EAP

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What is an EAP?

Employee assistance program (EAP) provides quick and easy access to confidential resources to help you meet the challenges you face daily.



What is an EAP?

- Employer-sponsored program
- Available to you and your household members at NO COST regardless of insurance coverage.
- Services are confidential
- EAP representatives are available 24 hours a day, 365 days a year to assist you
- Access services via phone or web



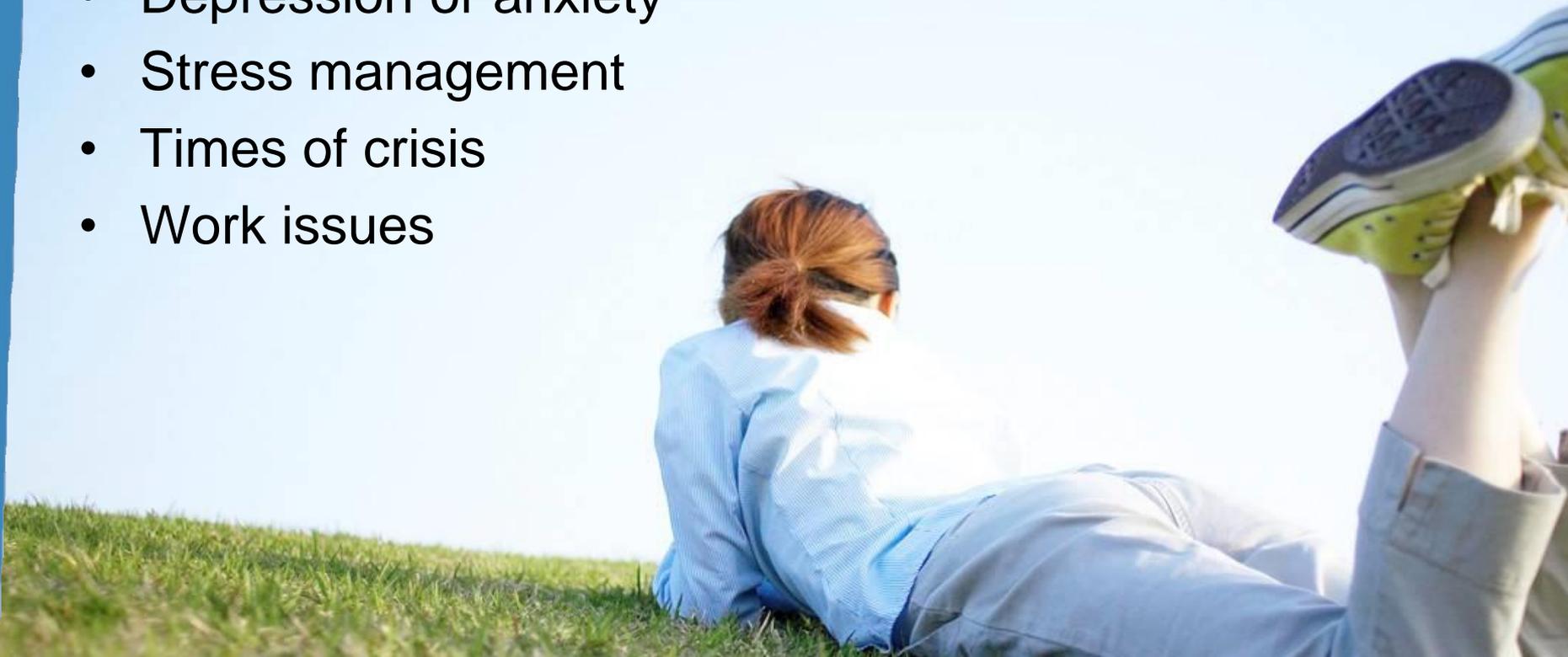
Confidentiality



Confidentiality is essential to your EAP. We make every effort to protect your privacy and abide by the legal and ethical requirements to maintain confidentiality.

Counseling

- Relationship or family problems
- Alcohol or drug abuse
- Feelings of loss or grief
- Depression or anxiety
- Stress management
- Times of crisis
- Work issues



Licensed Providers

- Clinical social workers
- Professional counselors
- Marriage and family therapists
- Psychologists



Financial Consultation

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- A hand in a dark suit sleeve points to a document featuring a 3D pie chart. In the background, a laptop keyboard is visible. The document text is partially obscured by the hand and the chart.
- Budgeting
 - College funding and student loans
 - Small business financing
 - Divorce
 - Insurance
 - Retirement
 - Financial planning
 - Credit and debt
 - Mortgages
 - Taxes

ID Recovery



- A free 30-minute consultation with an identity recovery professional
- All necessary paperwork completed for you
- Notification to credit agencies and contact with impacted creditors to negotiate credit issues
- ID theft specialists will work to restore your credit to pre-theft level
- Educational materials on credit and ID theft
- Unlimited support

Legal Services

- Online legal forms
- Personal business
- Civil or consumer issues
- Criminal matters
- Estate law
- Divorce and child custody
- IRS
- Personal injury
- Real estate issues
- Landlord/tenant issues
- Personal or family legal services



Live Tobacco Free

- Contact via telephone, e-mail and/or instant messaging
- Initial 10-15 minute service overview
- 45-60 minute intake, visioning, and goal-setting session
- Ongoing follow-up coaching for up to one year
- Sessions average 15-30 minutes
- Unlimited inbound calls to coaches
- Additional follow-up from coach: e-mails and resources
- Ongoing re-engagement attempts
- Secure personalized web portal with online healthy living multimedia module: Living Smoke Free



Comprehensive Website

www.bcbsga.com/youreap

Your Company's
Login is: Fulton

The screenshot shows the Anthem EAP website homepage. At the top, the logo "Anthem® EAP" is on the left, and a "Contact Us" button is on the right. Below the logo is a navigation bar with links for "Anthem EAP Home", "Members", "Brokers & Producers", "Providers", and "Employers". The main content area features a "Welcome" section with a "Life is Challenging" heading and a list of stress-related issues. To the left, there are three blue boxes: "Anthem Spotlight", "Members", and "Why Offer EAP?", each with a "Learn More" button. At the bottom, a footer contains links for "About Us", "Privacy Statement", "Terms of Use", "Careers", "Associates", and "Press Room".

Anthem® EAP [Contact Us](#)

[Anthem EAP Home](#) [Members](#) [Brokers & Producers](#) [Providers](#) [Employers](#)

Anthem Spotlight
Anthem Specialty is your one-source solution for employee benefits beyond health insurance.
[Learn More](#)

Members
Login for online services.
[Login](#)

Why Offer EAP?
Invest in your success. Employees' emotional health has a significant impact on the success of your company.
[Learn More](#)

Welcome

Life is Challenging

- Caring for an elderly parent
- Finding dependable child care
- Dealing with relationship or family problems
- Trying to maintain a balance between home and work lives
- Coping with the loss of a loved one
- Contending with alcohol or drug issues on the job or at home

These are all examples of instances associated with stress-related complaints causing an estimated 1,000,000 workers to be absent on an average workday (The American Institute of Stress, 2000).

An organization's success is reliant upon having an emotionally-healthy workforce. When life's challenges begin to interfere with your employees' lives, knowing that you have provided them with the services of Anthem EAP is reassuring.

Anthem EAP ... A Better Experience

At Anthem EAP, we understand that in times of trouble, uncertainty and stress, people want to get the answers to their questions or the help they need as quickly as possible. Anthem EAP prides itself on its distinctive customer service. Our one-call, one-touch system enables an employee or household member to simply make one toll-free call to reach any and all resources available through Anthem EAP including professional counseling, child care centers, elder care resources, legal and financial consultants, and so much more. We strive to make Anthem EAP a better experience for you.

[About Us](#) [Privacy Statement](#) [Terms of Use](#) [Careers](#) [Associates](#) [Press Room](#)

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Comprehensive Website

English | Español | Enter search text | Advanced Search

Anthem® EAP

WORK/LIFE HOME | PARENTING | AGING | BALANCING | THRIVING | WORKING | LIVING | INTERNATIONAL | LOCATE RESOURCES

About Your Services | EAP Orientation | Feedback | Email the Expert

Monthly Feature



Be Good to Yourself: Tips for Adults

Many people feel stress in their daily lives. Stress can cause you to overeat, feel tired, and not want to do anything. Regular physical activity can give you more energy. Try some of these other ideas to help relieve stress and stay on track with your fitness and nutrition goals.

Learn more about... [Be Good to Yourself: Tips for Adults](#)

1 | 2 | 3 | 4 | [Previous](#) | [Next](#)

Centers

- [EAP Provider Search](#)
- [Member Center](#)
- [Monthly Promotion](#)
- [Legal/Financial/ID](#)

Use the arrows to see more options by scrolling up and down.

News For You

[Newsletters](#) | [September](#) | [Hurricanes](#)



Our quarterly newsletter is full of informative articles and features to help you achieve your best.

[Click here to learn more.](#)

[Click here for archives.](#)

Online Seminars

Register for these upcoming Online Seminars

- 09/19/12 - The Alzheimer's Association Presents *Know the Ten Signs; Early Detection Matters*

Access EAP Services on-line by selecting the Member Center



Online Resources



- Parenting and child care
- Marriage and relationship concerns
- Health and wellness
- Finance/legal articles and forms
- Adult care
- Workplace issues
- Education
- Mental health
- Daily life
- Consumer education
- Moving
- Pet care

Call us! We can help.

- Substance abuse
- Relationships
- Work issues
- Emotional concerns
- Elder or child care providers
- Stress management
- Financial and legal matters
- Wellness and prevention



For assistance – day or night – simply call the toll-free number located in your membership materials.

We're here to help you!

1-800-999-7222

www.bcbsga.com/youreap

Login: Fulton

