



Your Employee Assistance Program (EAP)

Here when you need us

Anthem 

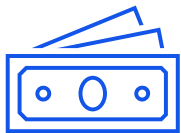
Personalized Solutions



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



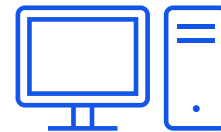
ID monitoring and recovery for help reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors if your ID is stolen



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

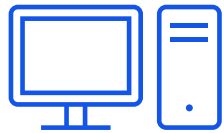
EAP Counseling Benefit

Personalized counseling support for you and your household members

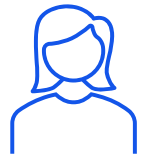
- 8 counseling sessions per issue, per year per person
- Employees and household members are eligible for services
- Sessions are private, no cost, and conveniently accessed — whether that's in-person, online, or through a mobile device
- Therapy sessions are designed to best fit each person's needs



Care Options



Face to face video visits



In-office

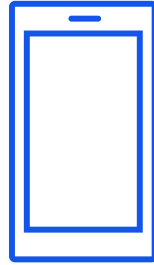


**Live chat session or
a synchronous chat**

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**



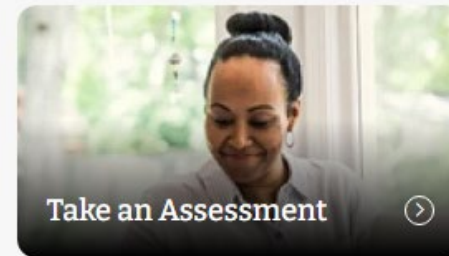
**Receive information about
your counseling referral**

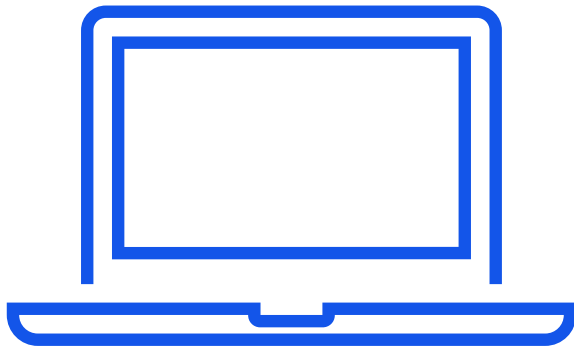
Do-it-yourself access to care

- 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

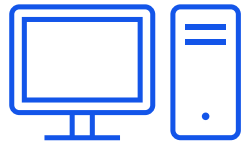


A screenshot of a website page titled "Connect with a Counselor". The page has a blue header with "Search" and "Language" options, and a "Sign in/Sign up" link. A breadcrumb trail shows "Home > Connect with a Counselor". A blue button labeled "Urgent Assistance" is in the top right. The main content area features a heading "Get connected to a mental health counselor" and a sub-heading "Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns." Below this are two tabs: "Telehealth options" (selected) and "In-person options". Under the "Telehealth options" tab, it says "Explore these telehealth options to get started:". There are two cards: "LiveHealth Online" with a "Learn more" button, and "Talkspace" with a "Visit portal" link. An illustration of a smartphone with a speech bubble is on the right side of the main content area.

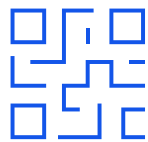
Call your EAP toll-free number for a coupon code to access your no-cost EAP visits.



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.

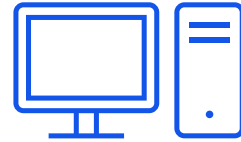


Enter your coupon code to zero the fee for your allotted visits.

Your EAP
counseling
visits, your way.



talkspace.com/associatecare



Use the QR code or log on to **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.



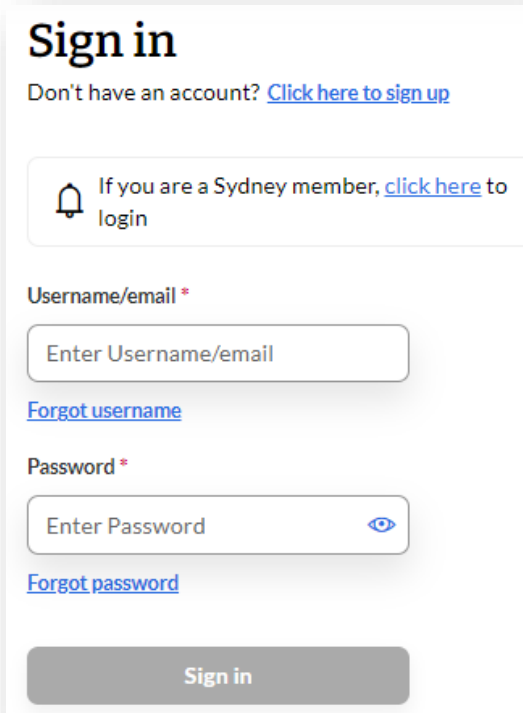
Telehealth options In-person options

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](#)

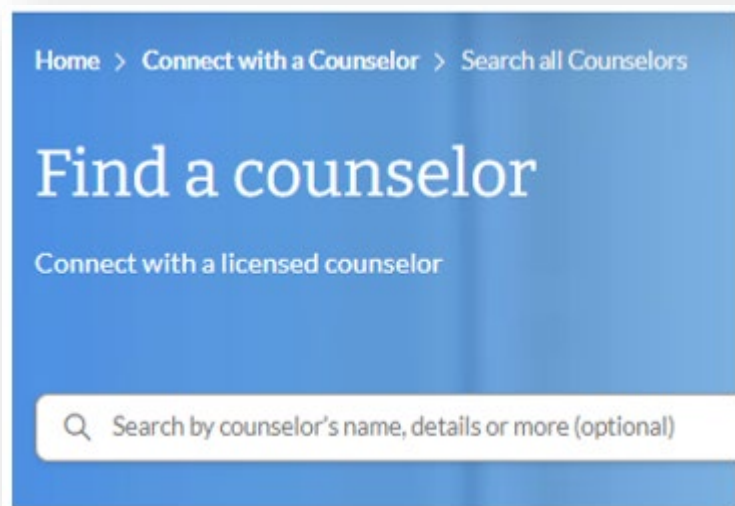
Password *

[Forgot password](#)

Sign in

Sign in or register

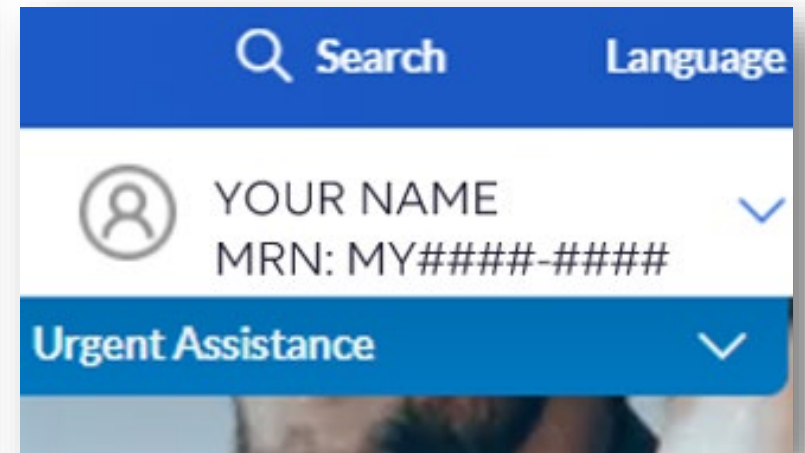


Home > Connect with a Counselor > Search all Counselors


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#####-#####

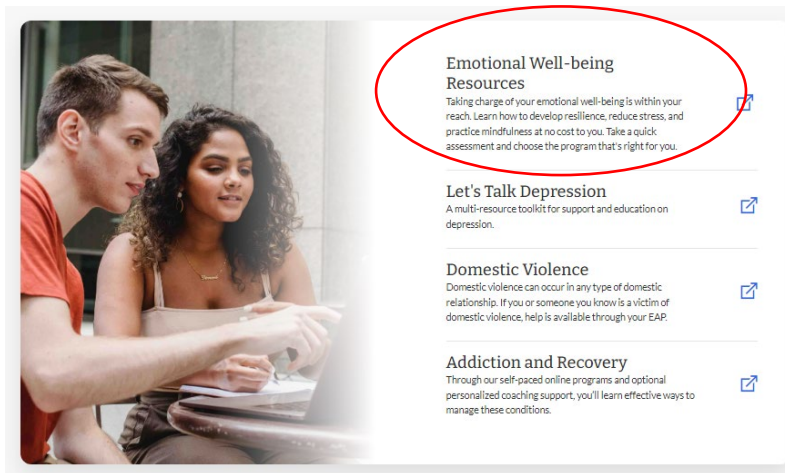
Urgent Assistance

Give the provider your Member Reference Number (MRN)

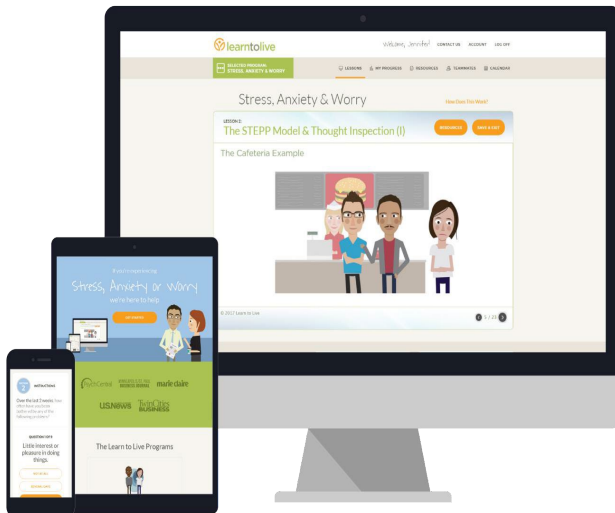
Emotional Well-being Resources offers support how and when it's needed



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 navigation bar with a search icon, a language dropdown, and a 'Sign In/Sign up' link. Below this is a 'Welcome to your Employee Assistance Program (EAP)' section with a 'How can we help you?' prompt and an 'Urgent Assistance' dropdown menu. To the right, there is a video thumbnail titled 'Legal Resources' featuring a man at a laptop. The main content area is titled 'Legal Resources through your Company EAP' and 'Connect with a legal professional'. Below this, there is a large card with the heading 'Legal Resources' and the text 'EAP provides consultations with a legal professional.' and a 'Click here to get started' button. To the right of this card is a call-to-action box: 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, there are two columns: 'Examples of services include:' with icons for Criminal Concerns, Estate Planning, Civil Issues, Divorce / Custody, and Consumer Issues; and 'Exclusive benefits' with a telephone icon and text stating '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.' and a piggy bank icon with text stating '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 navigation bar with a search icon, a language dropdown, and a 'Sign In/Sign Up' link. Below the navigation bar, a blue button labeled 'Urgent Assistance' is visible. The main heading reads 'Welcome to your Employee Assistance Program (EAP)' with the subtext 'How can we help you?'. A large image on the right shows three people (two women and one man) looking at a laptop, with the text 'Financial Planning' overlaid. Below this, a section titled 'Financial Planning Benefits through your Company EAP' states 'Taking charge of your finances is within your reach'. A central card features the heading 'Financial Planning' and the text 'EAP provides consultations with a financial professional.', accompanied by an image of a woman and a child sitting on a sofa with a piggy bank. A blue button below the card says 'Click here to get started'. To the right of this card, a white box contains the text 'To request a consultation, call your EAP at: 800-000-0000'. At the bottom, two white boxes provide further details. The left box, titled 'Examples of consultations include:', lists three categories: 'Debt and credit management' (with a credit card icon), 'Saving for education and retirement' (with a graduation cap icon), and 'Life event planning such as buying a home' (with a house icon). The right box, 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.' (each with a small icon representing the respective benefit).

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 page for Employee Assistance Program (EAP) services. The page is divided into several sections. At the top, there is a "Financial Planning" section with a photo of a woman and a child sitting on a couch, and a blue button that says "Click here to get started". To the right of this section is a call-to-action box with a phone icon and the text "To request a consultation, call your EAP at:". Below the financial planning section is a section for "Identity monitoring and theft resolution services through our partner IDnotify." with a blue button that says "Click here to get started", which is circled in red. At the bottom, there are two columns: "Examples of consultations include:" with three icons (a credit card, a piggy bank, and a house) and "Exclusive benefits" with three icons (a calculator, a laptop, and a document).

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

Additional Website Resources

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



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



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://www.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 Carelon Health Solutions, Inc., a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield

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