

# Find help today

Receive support when and how you need it.



## Call us

Reach us at **800-999-7222**  
24/7 for free, confidential help



## Visit our website

Go to [anthemEAP.com/SISC](https://anthemEAP.com/SISC)



**Your privacy matters.** If you contact EAP, no one will know, unless you give permission in writing.\* Let us give you a helping hand. Please call **800-999-7222** or go to [anthemEAP.com](https://anthemEAP.com) and enter **SISC** to log in.

# Feeling overwhelmed, stuck or lost?

Lean on EAP, day or night.



## What is an Employee Assistance Program (EAP)?

It's a no-cost employee program to help you meet life's challenges. Call **800-999-7222** or visit [anthemEAP.com](https://anthemEAP.com) and enter **SISC** to log in. Everything you share is confidential.

## Employee Assistance Program

**800-999-7222**

[anthemEAP.com](https://anthemEAP.com)

Enter **SISC** to log in for free, confidential help, any time, day or night



\* 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。

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## We're here for your everyday problems and questions, big or small.

### The EAP can help you:

-  Find child, elder, or pet care.
-  Work on achieving work-life balance.
-  Parent a child with special needs.
-  Deal with addiction and recovery.
-  Set retirement goals.
-  Find mental health resources and information.
-  Address financial or legal issues.



## What our clients say

*"Every single person that I have spoken to with our EAP has been so very nice and supportive. You have a great staff of caring individuals."*





*"This is a priceless benefit. I am so thankful to have access to EAP. It means a lot to me and my family."*

*"It is very helpful to be able to obtain assistance to get over life's bumps now and then. Much appreciated."*

*"Good to know there are resources out there for everyone who needs assistance and this really helps – just wonderful!"*

*"I am so glad my employer has this program and I'm able to use it. It is a lifesaver for my family, which does help me perform better at work."*

## Connect with us by phone, in-person or online. You can:

-  Use our toll-free number to speak with an EAP professional.
-  Meet with a professional face-to-face.
-  Have up to 6 free counseling visits per issue per year.
-  Ask us about online visits with LiveHealth Online.

## Learn more about how EAP can help you at [anthemEAP.com](https://www.anthemEAP.com).



### Emotional Well-being Resources

These no-cost digital tools can teach you how to manage stress, anxiety, depression, substance use, and sleep issues.



## Contact us 24/7.

The EAP is here to make sure you and your household members have the support you need for emotional well-being.

Simply call 800-999-7222 or visit [anthemEAP.com](https://www.anthemEAP.com) to find help right away – at no cost to you.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitation and exclusions.