

A photograph of a family in a kitchen. A woman in a purple shirt is talking on a mobile phone while looking at a laptop. A man with glasses is smiling and looking at a young girl who is holding a blue stuffed animal. A baby is sitting on the counter between the man and the girl.

*It's like having a personal assistant for your life*  
*Employee Assistance Program website*

Do you have a hectic schedule? Is your to-do list getting longer each day? If so, your Employee Assistance Program (EAP) website at [anthemEAP.com](http://anthemEAP.com) can help.

For example, the EAP website has easy-to-use tools that can help you:

- Find day care for children and elder care for parents
- Set goals for your retirement
- Choose a pet sitter when you go away on a vacation

## Do you need help with a challenging problem?

If you want to talk with someone about an issue, you can call your EAP 24 hours a day, seven days a week at **800-999-7222**. If you need to meet with a licensed counselor, we can make an appointment for you. If you have money or legal problems, we can put you in touch with a financial advisor or lawyer.

We understand how important privacy is when it comes to subjects like these. So, rest assured that your friends, family and employer can't find out about your use of EAP services, unless you give your written permission.\*

You can use the website to find resources near where you live or work. Just put in your ZIP code in the search feature.

The website is ready 24/7, so when you need help, just go to [anthemEAP.com](http://anthemEAP.com) and enter SISC. You can find other resources, such as:

- Online tools and seminars for living healthier
- Articles about educational choices for you or your children
- Tips for balancing your personal life and work
- LiveCONNECT instant messaging for live chats with work/life consultants if you have questions or just want to talk about your situation

These services are provided at no cost to you and everyone who lives in your home. There's no need to sign up — you're automatically enrolled.

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

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