

# Employee Assistance Program Service Summary Local 434 Health & Welfare Fund



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



### 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



### Legal consultation

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



### Other anthemEAP.com resources

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



### Financial consultation

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



### Crisis consultation

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



### ID recovery

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



### myStrength

- E-learning modules and mood trackers
- Library of videos, articles, and inspirational quotes
- Support developing personal action plans

## We are ready to support you

You can call us at **800-865-1044**, or go to **anthemEAP.com** and enter your company code: **Local 434 Health & Welfare Fund**.

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

\* 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.

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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## How to reach us

You never know when you may need help. That's why we're giving you two ways to keep our number handy:

### Family Assistance Program

**800-865-1044**  
**anthemEAP.com**  
Enter Local 434 Health & Welfare Fund

Free, confidential help  
24 hours a day, 7 days a week



### Family Assistance Program

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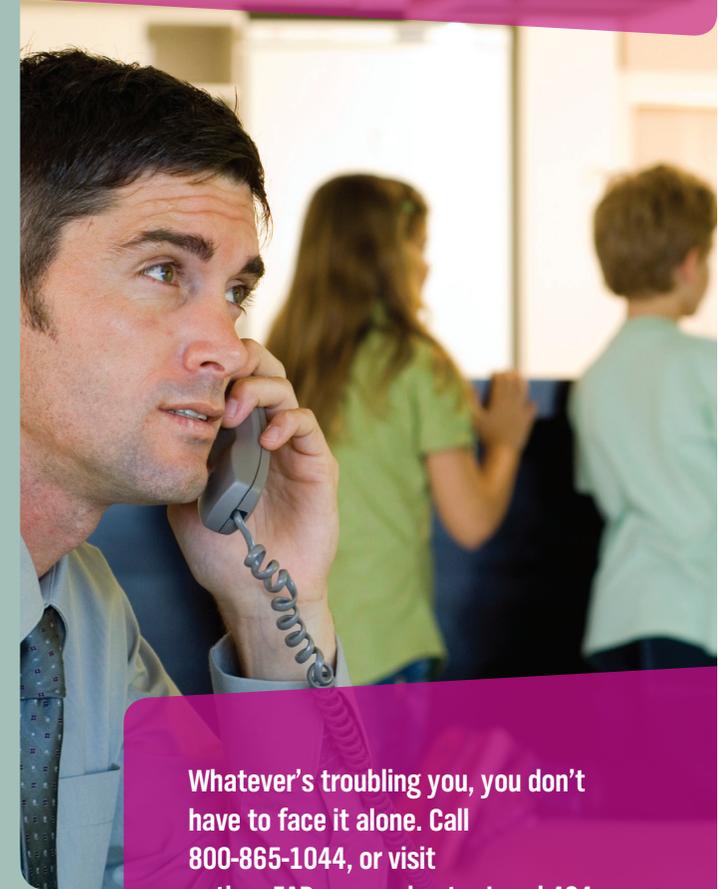
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## Family Assistance Program

Help when you need it



Whatever's troubling you, you don't have to face it alone. Call **800-865-1044**, or visit **anthemEAP.com** and enter **Local 434 Health & Welfare Fund** to log in.



## Lean on us

Maybe you're a few months behind on bills and want to get back on track. Maybe you're new to town and looking for a daycare center. Maybe you have a big project at work and are feeling a lot of stress. Whatever your concern, a call to your Family Assistance Program (FAP) can help you through it.

### What is FAP, anyway?

You may have heard about FAP but aren't sure what it is. FAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an FAP staff member. Just call 800-865-1044 or visit [anthemEAP.com](http://anthemEAP.com). You'll be connected in an instant. We're here 24 hours a day, every day, to help you.

### How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange up to three free visits with licensed professionals. If you have financial or legal questions, we can put you in touch with a financial advisor or a lawyer.



### Reach us online

If online help is more your style, visit [anthemEAP.com](http://anthemEAP.com). You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

- Workplace safety
- Child and elder care
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

### Your privacy matters

Remember, FAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called FAP unless you give them permission in writing.\*

When you need answers, let the Family Assistance Program give you a helping hand. Just call 800-865-1044 or go to [anthemEAP.com](http://anthemEAP.com) and enter Local 434 Health & Welfare Fund.

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Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece en este folleto.

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