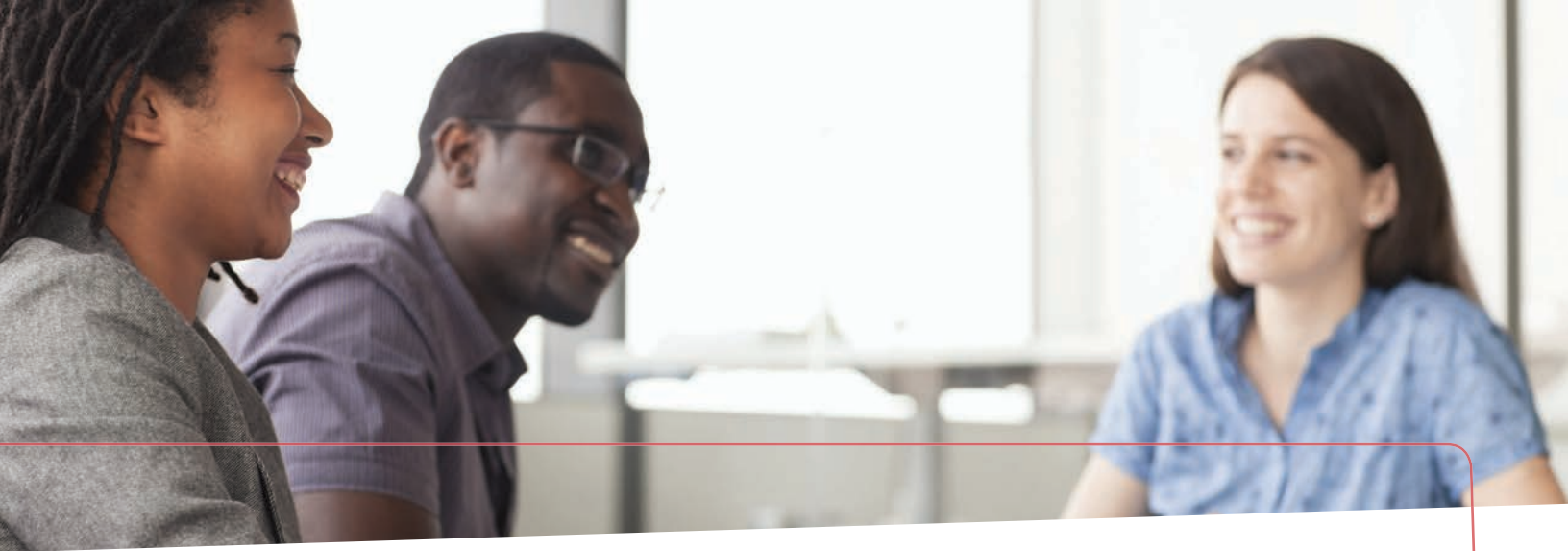




# Healthy employees make for a healthy business

Anthem EAP can help you get there





## Anthem Employee Assistance Program: the big picture

Your employees' emotional well-being can have a big impact on their job performance. And that can affect your company's health. Providing an Employee Assistance Program (EAP) that can help employees and their household members through life's ups and downs leads to a happier, healthier and more productive workforce.

### With an effective EAP, your employees get:<sup>1</sup>



Continuity of care through medical benefits — even while overseas.



A national network of licensed mental/behavioral health professionals.



Lower health care spending.



Better morale and engagement.

All of these benefits come at no cost to employees, with 24/7 access to services and strict confidentiality.<sup>2</sup>

### And what about your business?

We know you care about your employees' peace of mind, but you also have to protect your bottom line.

### Anthem EAP can get you results!<sup>1</sup>

- Less employee absence and turnover
- Fewer disability and overall health care claims
- Greater ability to attract new talent
- Customized guidance on personnel issues, crisis intervention and workplace policy development
- Less team conflict, more team trust

Members with behavioral health and medical conditions who used Anthem EAP =

savings of

**\$24**

per member, per month (PMPM)  
when compared to similar  
members who didn't<sup>3</sup>

Anthem EAP's combined resources =

savings of

**\$9**

PMPM  
when compared to using  
an external EAP<sup>3</sup>

## Choose from our basic or enhanced offerings

### Basic EAP includes:

#### On-demand access

- **Automatic eligibility** for all employees and household members
- **24/7 toll-free phone availability** for consultation and referrals

#### Behavioral Health services

- **Face-to-face counseling** with licensed mental health professionals for concerns ranging from substance abuse and depression to relationship issues and stress
- **Online video counseling** with a therapist from the member's home or wherever the member has internet access

#### Work/life services

- **Use of the EAP website to find child care, senior care, or pet care services**
- **Time with an attorney** to discuss wills, estate planning and other legal matters (If more time is needed, employees can get discounts on future services)
- **Telephone consultation** with a certified consumer credit counselor to go over budgeting, retirement planning, taxes and other financial issues
- **Identity theft recovery and monitoring** to prevent, help and recover from a breach

#### Digital resources

- **A website** that covers topics like caring for aging parents, raising children, moving and even pet care
- **Monthly emails** you can share with employees to help them with work/life balance
- **A savings center** discount shopping program

### Enhanced EAP includes all basic offerings and adds:

#### Training, consultations and workshops

- **Employee wellness workshops** on topics like effective communication, work/life balance and managing stress
- **Management training** about how the EAP works and what it can do for employees
- **Unlimited manager/supervisor consultations** to help your leadership team resolve employee matters
- **Consultation on workplace policies**

#### Account and case management

- **An assigned clinical account manager** to answer your questions and help support your needs and goals
- **Case management** for formal supervisory referrals to the EAP

#### Critical incident support

- **Timely support for critical workplace incidents**, such as death, injury or traumatic events

#### Enhanced digital resources

- **Quarterly e-newsletters** featuring health- and wellness-related articles you can share with employees
- **myStrength**, an online and mobile app that promotes emotional well-being

#### EAP Utilization Report

- **Reports** on usage trends and recommendations from your assigned clinical account manager



A woman with curly hair and glasses is smiling while talking on a black corded telephone. She is wearing a white button-down shirt and is seated at a desk in a modern office. In the background, two other employees are working at their desks. The office has large windows and a bright, airy atmosphere.

Want more details? Ready to move forward?  
Contact your Broker today!

1. Sagor, Mark, MA. CEAP. *Calculating the Value of an Employee Assistance Program (EAP) from a CFO Perspective* (May 7, 2014): compeap.com.

2. Legal and ethical standards apply.

3. 2018 BH Program Evaluation.

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