

# Summary of EAP Services for Verizon

The Anthem Employee Assistance Program (EAP) provides solutions to help you balance work and life through confidential and easily accessible services. Anthem EAP puts convenient resources within your reach, and that helps you – and your household members – stay healthy!

## Telephone Consultation & Referral Services

Employees and household members can call Anthem EAP for information, referrals, and crisis assistance whenever you need us – 24/7. Callers will speak directly with an EAP counselor, no busy signal or automated attendant.

## Face-to-Face Counseling Visits

You can receive up to **5** face-to-face visits per issue per year, at no cost. You will be connected to a local qualified and reputable provider in the Anthem EAP network.

## Legal & Financial Referral & Consultation

You can receive a referral and telephone consultation free of charge for legal or financial concerns like divorce, financial planning, or credit issues. Should you wish to retain the attorney, ongoing services are provided at a preferred rate reduction of 25% from the attorney's normal hourly rate.

## Website Resources

When you log on to the Anthem EAP website you will have access to a state-of-the-art system. The website provides extensive EAP and work/life information with links to tools and resources as well as thousands of current articles and tips on managing personal and professional situations. The site includes interactive tools such as health and wellness quizzes, self-assessments, podcasts, seminars, and more.

## Elder Care & Child Care Resources

When you log on to the EAP website you can search for elder care and child care resources such as child day care, camps, adult day care, independent living centers, and more. In addition the website offers a variety of tools and information related to dependent care in general, including a complete library of parenting, child care, and elder care articles. **With your plan you may also call the EAP and speak with one of our specialists who will find resources that meet your specific requirements and supply you with all the information you need.**

## Convenience Services

Work/life services help keep things in balance by providing resources to assist you with the kinds of issues that can often be dealt with only during the work day. Information and resources ranging from moving and relocation, special shopping discounts, timely health information, and more are available on the EAP website. **With your plan you may also call the EAP and speak with one of our specialists who will find resources that meet your specific requirements and supply you with all the information you need**

## More Information on the EAP

To help make sure you understand the program we provide an orientation on the EAP website. The orientation introduces Anthem EAP services, provides information about how and when to use the services, and emphasizes the confidentiality of utilizing the program. To access the orientation, go to the EAP website. Once you are at the home page, search the menu on the left side for "EAP Orientation."

**EAP toll-free number:**

**888-441-8674**

**Or visit our website at:**

**[www.anthem.com/eap/verizon](http://www.anthem.com/eap/verizon)**

