

EAP Support Available by Phone (800) 999-7222

Work-life areas covered for consultation, resource, and referral include (but aren't limited to):

Child Care	Family day care homes, child care centers, preschools, nanny/au pair agencies, before and after-school programs, contingency care (mildly ill and/or emergency back-up care), play groups
Becoming a Parent	Infertility/surrogacy, pregnancy, twins and multiples, maternity leave, preparing for a baby's arrival, physician selection criteria, job re-entry after maternity leave
Summer Care	Day camps, summer programs, residential camps, religious camps, specialty camps, sports programs, athletic programs
Parenting	Child development, positive discipline strategies, support and advocacy, communication strategies, sibling relationships, single-parenting, grandparenting, stepparenting, adult children returning home
Special Needs	Support and advocacy, financial guidance, testing and assessment, interventions, therapeutic programs, residential programs, recreational programs, educational programs, gifted and talented, respite care
Elder Care	Financial and estate planning, independent living, assisted living facilities, senior centers, adult day care, skilled nursing facilities, care managers, home health care, long-distance caregiving, home medical equipment, senior insurance plans, support groups, hospice, meal services, transportation services, elder law attorneys
Daily Living Services	Apartment locators, chore services/housecleaners, emergency services, tutors, fitness and wellness centers, home repair, moving/relocation services, volunteer opportunities, event planning
Adoption Assistance	Foster care resources, international and domestic adoption agencies, adoption attorneys, adoption advocacy groups, adoption support networks
Pet Care	Pet obedience training, pet sitters/kennels, insurance, veterinarians, groomers, dog walkers
Education	Public schools, school district profiles, private schools, homeschooling resources, alternative schools, schools for exceptional children, vocational and trade schools, colleges and universities, admissions testing, financial aid and scholarships, graduate and post-graduate programs, continuing education

Legal and Financial support, including:

Legal Assist	Advice: 30-minute, no-cost, telephone consultations per separate legal issue with a network attorney Local Referral: Referrals to local providers, one 30-minute, no-cost, in-person consultation, 25% discount on hourly fee
Financial Assist	Access to financial counselors who address concerns for a wide range of financial issues — Counselors provide professional, objective advice, and supporting educational materials.
ID Theft Prevention	ControlYourID allows employees to monitor requests regarding their financial identity online, e-mails alerts to employees, and provides educational tips.

Support Available Online

Seven content divisions, including:

Aging	Adults With Disabilities, Aging Well, Planning the Future, Government Programs, Housing Options, Home Care, Health, Caregivers, Grief and Loss
Balancing	Personal Growth, Communication, Families, Relationships, Grief and Loss, Mental Health, Addiction and Recovery
International	Immigration to the US, Emigration, Relocating Abroad, Living Abroad, Working Abroad, Families Abroad, Repatriation
Living	Consumer Tips, Home Improvement, Home Buying or Selling, Moving, Financial, Legal, Legal Forms, Errands Online, Safety, Pets, Travel and Leisure Time, Fraud and Theft, Go Green
Parenting	Parenting, Adoption, Child Care, Developmental Stages, Kids' Well-being, Education
Thriving	Health Tools, Live Healthy, Healthy Eating, Medical Care, Infants' and Toddlers' Health, Children's Health, Adolescents' Health, Women's Health, Men's Health, Seniors' Health, Health Challenges, Healthy Recipes
Working	Accomplished Employee, Effective Manager, Career Development, Training and Development, Workplace Diversity, Workplace Productivity, Workplace Safety, Career Transition

Additional features include:

Assessment Tools	Interactive assessment tools with a focus on emotional well-being
Live Online Seminars	Delivered monthly with archiving of past seminars
Relocation Center	An interactive program that allows users to preview communities across the United States, providing vital statistics and a comparison feature
Savings Center	A discount shopping program offering employees up to 25% discounts on name-brand goods and services
Searchable Databases & Resource Links	Child care providers, elder care and related services, and resource links for locating attorneys, certified financial planners, pet sitting, private and public high schools and colleges, and volunteer opportunities
Skill Builders	A diverse library of online training programs offering printable certificates of completion

EAP Phone Number (800) 999-7222

www.anthemead.com

Website Log-in: Fulton