

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.anthemeap.com

Website Log-in: Fulton