

Find help today

Receive support when and how you need it.



Call us

Reach us at **800-999-7222**
24/7 for free, confidential help



Visit our website

Go to anthemEAP.com/SISC



Your privacy matters. If you contact EAP, no one will know, unless you give permission in writing.* Let us give you a helping hand. Please call **800-999-7222** or go to anthemEAP.com and enter **SISC** to log in.

Feeling overwhelmed, stuck or lost?

Lean on EAP, day or night.



What is an Employee Assistance Program (EAP)?

It's a no-cost employee program to help you meet life's challenges. Call **800-999-7222** or visit anthemEAP.com and enter **SISC** to log in. Everything you share is confidential.

Employee Assistance Program

800-999-7222

anthemEAP.com

Enter **SISC** to log in for free, confidential help, any time, day or night



* In accordance with federal and state law, and professional ethical standards.

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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We're here for your everyday problems and questions, big or small.

The EAP can help you:

-  Find child, elder, or pet care.
-  Work on achieving work-life balance.
-  Parent a child with special needs.
-  Deal with addiction and recovery.
-  Set retirement goals.
-  Find mental health resources and information.
-  Address financial or legal issues.



What our clients say

"Every single person that I have spoken to with our EAP has been so very nice and supportive. You have a great staff of caring individuals."





"This is a priceless benefit. I am so thankful to have access to EAP. It means a lot to me and my family."

"It is very helpful to be able to obtain assistance to get over life's bumps now and then. Much appreciated."

"Good to know there are resources out there for everyone who needs assistance and this really helps – just wonderful!"

"I am so glad my employer has this program and I'm able to use it. It is a lifesaver for my family, which does help me perform better at work."

Connect with us by phone, in-person or online. You can:

-  Use our toll-free number to speak with an EAP professional.
-  Meet with a professional face-to-face.
-  Have up to 6 free counseling visits per issue per year.
-  Ask us about online visits with LiveHealth Online.

Learn more about how EAP can help you at anthemEAP.com.



Emotional Well-being Resources

These no-cost digital tools can teach you how to manage stress, anxiety, depression, substance use, and sleep issues.



Contact us 24/7.

The EAP is here to make sure you and your household members have the support you need for emotional well-being.

Simply call 800-999-7222 or visit anthemEAP.com to find help right away – at no cost to you.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitation and exclusions.