

How to reach us

Help that goes where you do. Keep us handy:



Employee Assistance Program (EAP)

800-865-1044



Website

anthemEAP.com
Enter RSD 4 to log in.



Free, confidential help

24 hours a day, 7 days a week



myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter RSD 4



Your schedule, your life

EAP's here when you need us



Your privacy matters. No one will know you've contacted EAP unless you give permission in writing.* Let us give you a helping hand. Just call 800-865-1044 or go to anthemEAP.com and enter RSD 4 to log in.



* 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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What's your Employee Assistance Program (EAP)?

We're the folks who can help you meet life's challenges. Call 800-865-1044 or visit anthemEAP.com and enter RSD 4 to log in.

Everything you share is confidential and will stay between you and us.*



Employee Assistance Program

800-865-1044

anthemEAP.com

Enter RSD 4

to log in. Free, confidential help
24 hours a day, 7 days a week.



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

Take a deep breath. New to town and looking for child, elder or pet care? We can help with that and ...



Finding work-life balance.



Parenting a child with special needs.



Dealing with addiction and recovery.



Setting retirement goals.



Getting mental health resources and information.



Just about anything else life throws at you.

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."

Talk to 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 4 free counseling visits per issue per year.



Ask us about online visits with LiveHealth Online.

Get to know your EAP better at [anthemEAP.com](https://www.anthemEAP.com)



myStrength – the health club for your mind™

This free online and mobile tool offers unlimited access to resources for stress, anxiety, depression, substance use and sleep.



Contact us 24/7.

Simply call 800-865-1044 or visit [anthemEAP.com](https://www.anthemEAP.com) to be connected right away – at no cost to you.

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