

# life

less complicated

## Child Care Resources



“After relocating, we tried finding child care on our own, but were just put on waiting lists. So I contacted the service, and a child care consultant located a great day care center with an immediate opening! Now we can start looking at area camps for our 12-year old.”



**Your work-life service is available to support your child care and parenting needs with expert consultation, resources and referrals.**

- Qualified child care consultants are available to assist you any time, any day by phone, e-mail, or Live Connect
- As well as help match you with providers for child care, education, special needs, and summer camps, consultants can provide articles and resources regarding your request
- Attend monthly Webinars, which discuss a range of topics including child care and parenting
- Access online support and resources, including searchable provider databases, available at [www.anthemep.com](http://www.anthemep.com). Login: SISC

Make child care *less complicated*.

**Call 800-999-7222**

life

less complicated



## Elder Care Resources



“My mom got out of the hospital recently and I received so much help from my consultant when I called the service. I got referrals for both home health care and assisted living facilities. I also received a list of questions I should ask, and information on Medicare. It was a big help for my family at this stressful time.”

**Your work-life service can provide you with information and referrals to assist you in all areas of elder caregiving and family support.**

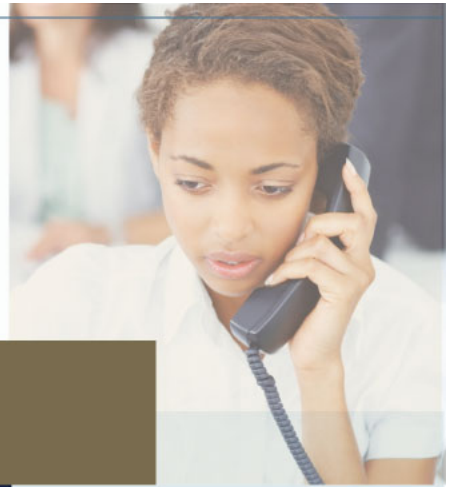
- Confidential caregiver support services provided by phone or through the internet 24/7
- Qualified elder care consultants available
- Community resources and assistance in your area
- Literature on caregiving, insurance and end-of-life decisions
- Referrals for in-home care providers, assisted living providers, and skilled nursing facilities
- Online support and resources available at [www.anthemep.com](http://www.anthemep.com). Login: **SISC**

Make elder care *less complicated*.

Call **800-999-7222**

*Work-Life Resource and Referral*

## ID RECOVERY



### FEATURES INCLUDE:

- A free 30-minute consultation with an identity recovery professional
- An action plan created just for you based on level of risk
- All necessary paperwork completed for you\*
- Notification to credit agencies and contact with impacted creditors to negotiate credit issues
- ID theft specialists will work to restore your credit to pre-theft level\*
- Educational materials on credit and ID theft
- Unlimited support

*\*pre-registration via the EAP website will reduce the amount of time needed to restore credit*

Identity thieves want your personal information. Every time you use your credit card, or discard a bank statement, you could be putting yourself at risk of identity theft. Not only can this cost you money, it can hurt your credit rating and take months or years to repair. ID Recovery is a telephone consultation service to help you recover from, and minimize the impact of, a breach of your identity.

**TOLL-FREE: 800 999-7222**

**WEBSITE: [www.anthemead.com](http://www.anthemead.com)**

**PASSWORD: SISC**

**Anthem**   
Blue Cross

## Work-Life Resource and Referral

# LEGAL, FINANCIAL, and ID RECOVERY



When a legal issue, financial matter, or an instance of identity fraud disrupts your life, it can create substantial stress for you and your family. To help minimize the impact, your employee assistance program (EAP) offers programs to assist you with managing the many complexities of these events. Through professional consultation, these programs can save you time, while providing valuable information and peace of mind. Simply call the toll-free number and one of our experienced consultants can assist you. Bilingual consultants are always available.

**TOLL-FREE: 800 999-7222**

**WEBSITE: [www.anthemep.com](http://www.anthemep.com)**

**LOGIN: *SISC***

### LEGAL ASSIST:

Our service is available 24/7, to get you the legal assistance you need. We'll arrange for a free, confidential, half-hour consultation with an attorney on most legal issues. Consultations are available over the phone or with an attorney in your area. If you need to retain the attorney beyond the consultation, a 25% discount is available for most services. We also offer a comprehensive library of legal articles and free legal forms available for download from our website.

### FINANCIAL ASSIST:

Our financial professionals provide free telephonic consultation on the financial topics that are important to you, including bankruptcy protection, budgeting, debt reduction, estate planning, home purchases, and long-term goal setting. Our counseling sessions have no time limitations, and are available without appointment during regular business hours, and by appointment at night and on weekends. Online resources include an assortment of financial calculators and access to PocketSmith, a budgeting and management tool.

### ID RECOVERY:

ID Recovery Specialists are available 24/7 to assess your risk level and then identify steps to resolve potential identity theft. All services are provided to you free of charge. This may include completing any necessary paperwork, reporting to the consumer credit agencies, and negotiating with creditors to repair debt history. Our Specialists will work with you to restore your financial identity to its pre-theft status. *Pre-registration via the EAP website will greatly reduce the amount of time needed to restore credit if ID theft has occurred.*

**Anthem**   
Blue Cross

# Live Tobacco Free



## Smoking Cessation Program

**No matter how long you have smoked the Live Tobacco Free Program** which combines the support of a Tobacco Cessation Coach with a unique online program can work for you.

LivingFree™ is a 10 session, online training program which will teach you how to become an ex-smoker. The program's positive motivational message focuses on the root emotional and physical causes of smoking. LivingFree™ teaches you how to break the emotional connection with smoking within a few days.

### Register Today!

For optimal results, pair the LivingFree™ Program with the support of one-on-one coaching from one of our Wellness Coaches.

Call **800 999-7222** or register online [www.anthemep.com](http://www.anthemep.com). Login = **SISC** and click on the **Live Well** web site.