

Mental health resources and tools for REEP Anthem members



Anthem medical plans include mental/behavioral health and substance abuse benefits for both inpatient and outpatient services. To obtain more information on copays and coinsurance costs, please contact your district benefit technician for your Anthem plan benefit summary, or call the number on your Anthem ID card.

In addition to your regular medical coverage, the following resources are also available:

Employee Assistance Program (EAP)

- The Employee Assistance Program (EAP) is available 24/7, 365 days a year
- This service is free for you and members of your household
- One-on-one counseling by phone, in-person and online via LiveHealth Online
- Up to 5 counseling visits per issue
- Legal and financial consultations
- Web-based tools and resources on parenting, identity theft and many more topics
- For more information visit [anthemEAP.com](https://www.anthemEAP.com) and enter REEP or call (800) 999-7222

Emotional Well-Being Resources available through Learn to Live

- Available for employees and their family members (age 13+)
- Start with a self-assessment and receive recommendations for programs
- Programs to provide support for depression, social anxiety, insomnia, and other issues
- Personalized care modules promote skill-building, resiliency, and mindfulness
- To start log in to [anthem.com/ca](https://www.anthem.com/ca), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources

LiveHealth Online

- Video visits with a licensed therapist to get help with grief, panic attacks, anxiety and more
- Available from your smartphone, tablet or computer
- To sign up go to [livehealthonline.com](https://www.livehealthonline.com)