



## Your mental health matters

Mental health is as important as physical health. It determines how you think, feel, and act, and can impact your overall well-being. Extra support can make a big difference when facing issues such as stress, depression, anxiety, legal assistance, marital support, parenting guidance, or substance use disorders.




Through your Anthem Employee Assistance Program (EAP), you can access a variety of resources digitally, virtually, and in person that provide the expert, compassionate care you need — and certain services are available at no extra cost to you.



## Your Employee Assistance Program

Everybody needs a helping hand sometimes. That's where your Employee Assistance Program (EAP) comes in. You'll find tools and resources to help you and your household members with everyday issues, big and small.

It's available to you 24/7 at no extra cost. This includes 4 sessions per issue, per year for each person in your household.<sup>1</sup> Everything you share is confidential. Explore all the support your EAP has to offer.

	LiveHealth Online	In-person counseling at Kimball International Health Center	TalkSpace	Emotional Wellbeing Resources
What it is	24/7 confidential counseling through scheduled visits over live text message, phone, or video <sup>1</sup>	Confidential, face-to-face counseling sessions, through your EAP or licensed Kimball International Health Centers (Indiana and Kentucky)	A service that provides confidential counseling by text, audio, or video — whatever way feels right for you.	24/7 self-guided support. Personalized modules and coaching available via text, email, and phone.
What it can help you with	<ul style="list-style-type: none"> <li>• Depression, grief</li> <li>• Stress, anxiety, panic attacks</li> <li>• Substance use</li> <li>• Emotional health issues</li> <li>• Relationships, family issues</li> <li>• Coping with illness, chronic pain</li> <li>• Prescription services available<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Depression, grief</li> <li>• Stress, anxiety, panic attacks</li> <li>• Substance use</li> <li>• Emotional health issues</li> <li>• Relationships, family issues</li> <li>• Coping with illness, chronic pain</li> <li>• Prescription services available<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Depression, grief</li> <li>• Stress, anxiety, panic attacks</li> <li>• Substance use</li> <li>• Sleep issues</li> <li>• Trauma</li> <li>• Relationships, family issues</li> <li>• Prescription services available<sup>2</sup></li> </ul>	<ul style="list-style-type: none"> <li>• Depression</li> <li>• Social anxiety</li> <li>• Stress, anxiety, worry</li> <li>• Sleep issues</li> <li>• Substance use</li> <li>• Panic disorder</li> <li>• Resilience</li> </ul>
What it costs	No extra cost. Includes 4 sessions per issue, per year, as part of your EAP counseling visits. <sup>3</sup>	If on a KII Health Plan, no extra cost for any amount of sessions. If not on a KII Health Plan, \$50/visit.	No extra cost. Includes 4 sessions per issue, per year, as part of your EAP counseling visits. <sup>3</sup>	No extra cost
How to connect	Call EAP at <b>800-865-1044</b> to get information about EAP sessions, including instructions and coupon code needed to get started.	Kimball International Health Centers offer quality healthcare including mental health at low or no cost. Learn more by scanning this QR code. 	<b>talkspace.com/associatecare</b> Company Code: <b>Kimball International Inc</b> or scan the QR code. 	<b>learntolive.com/welcome/ABCBS</b> Code: <b>ANTHEM_1819</b> or scan the QR code. 
24/7 through your EAP: <b>anthemeap.com/kimball</b> and use the login Company Code <b>Kimball</b> , or call <b>800-865-1044</b> . Or through your <b>Sydney<sup>SM</sup> Health</b> app				