

# Your Employee Assistance Program offers mental health support

Visit with a therapist from the comfort of home

If you are experiencing feelings of stress, anxiety, or depression, help is available. With your Employee Assistance Program (EAP), you can schedule a video visit with a licensed therapist when you need support.<sup>1</sup> Visits are available 24/7 — at no extra cost to you. All you need is a smartphone, tablet, or computer with a camera.

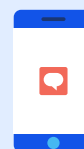
Therapists are available through video visits for these common conditions:<sup>2</sup>

- Anxiety
- Coping with illness
- Depression
- Family/relationship issues
- Grief
- Panic attacks
- Stress

## How to use your EAP visits

You have six visits available through your EAP at no additional cost. To use them, start by calling your EAP at **800-865-1044**. A representative will:

- Talk to you about your therapy options.
- Email you a coupon code to access the sessions covered by your EAP.



Once you have your coupon code, you're ready to begin. Go to **[anthem.com/EAP](https://www.anthem.com/EAP)** and log in with your company code: Modine to access your secure virtual visits.



## More options for virtual care

Remember, once you use up your EAP visits, your plan also includes mental and behavioral health benefits and virtual care options. Check your plan details to see how your plan covers visits to a therapist.

### Here's how to access virtual counseling through the Sydney Health app or [anthem.com/EAP](https://www.anthem.com/EAP):

Download our **Sydney<sup>SM</sup> Health** app.

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for our app and **[anthem.com/EAP](https://www.anthem.com/EAP)**.
3. Select **Care**. Then select **Virtual Care**.

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1. Register (if you haven't yet) and log in.
2. Select **Care**. Then select **Virtual Care**.



## Download our Sydney Health app



Scan the QR code with your phone's camera or visit the App Store® or Google Play™.



<sup>1</sup> Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

<sup>2</sup> Appointments subject to availability.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Virtual text and video visits powered by K Health.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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