

# Mental health support at no extra cost

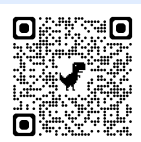
Discover the care available through your EAP

If you or a loved one needs help coping with life's challenges, your Employee Assistance Program (EAP) is here with support at no extra cost.

You can find help for conditions such as anxiety, depression, stress, sleep problems, substance use, and family and relationship concerns.

|                                       | What it is                                                                                                                                                                                                                       | How to connect                                                                                                                                                                                                                                   |
|---------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Counseling</b>                     | Each member of your household can have 4 visits with a counselor per issue, per year.*                                                                                                                                           |                                                                                                                                                                                                                                                  |
| <b>Counselors in your community</b>   | Confidential therapy sessions with a licensed professional counselor near home, school, or work.                                                                                                                                 | For a list of counselors that are part of your EAP, visit <b><a href="https://www.anthem.com/EAP">anthem.com/EAP</a></b> and enter your company code: Cook. You can also call 24/7 at <b>800-865-1044</b> .                                      |
| <b>Talkspace</b>                      | Be matched with a licensed therapist who best suits your needs. Connect 24/7 via text chat, phone, or video — or schedule a virtual visit to connect in real time.                                                               | Visit <b><a href="https://www.talkspace.com/associatecare">talkspace.com/associatecare</a></b> and select <b>Get Started</b> . Complete the information and enter <b>Cook Group Incorporated</b> as your organization name.                      |
| <b>LiveHealth Online</b>              | Select from counselors who meet your needs, schedule a video visit, and then connect with your counselor without leaving the privacy and comfort of your home.                                                                   | Visit <b><a href="https://www.anthem.com/EAP">anthem.com/EAP</a></b> and enter your company code: Cook, or call <b>800-865-1044</b> . Choose <b>Find a Counselor</b> and select <b>LiveHealth Online</b> for instructions on how to get started. |
| <b>Self-paced resources</b>           |                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                  |
| <b>Emotional Well-being Resources</b> | Online programs and personalized coaching to help you work through thoughts and behaviors that affect emotional well-being. Learn ways to manage concerns like stress, anxiety, depression, and sleep issues — at no extra cost. | Log in to <b><a href="https://www.anthem.com/EAP">anthem.com/EAP</a></b> and enter your company code: Cook.<br><br>Scroll down to <i>Self-paced Courses and Resources</i> and choose <b>Emotional Well-being Resources</b> .                     |

If you are in crisis, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.



## Find the support you need, 24/7

Visit **[anthem.com/EAP](https://www.anthem.com/EAP)** and log in with company code: **Cook**. You can also scan the QR code with your phone's camera. Call us at **800-865-1044**.

\* Appointments are subject to the availability of a therapist.

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

Online counseling is not appropriate for all kinds of matters. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org. If your issue is an emergency, call 911 or go to your nearest emergency room.

Talkspace does not offer emergency services. Talkspace is not currently available for fully insured California members.

EAP products are offered by Anthem Insurance Companies, Inc.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): Right CHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem Healthchoice Assurance, Inc., and Anthem Healthchoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate Healthkeepers, Inc. trades as Anthem Healthkeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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