

How to reach us

You never know when you may need help. That's why we're giving you two ways to keep our number handy:

Employee Assistance Program

800-999-7222
anthemeap.com
Enter Carpenters Trust

Free, confidential help
24 hours a day, 7 days a week



Employee Assistance Program

800-999-7222
anthemeap.com
Enter Carpenters Trust



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Employee Assistance Program

Help when you need it



Whatever's troubling you, you don't have to face it alone. Call 800-999-7222, or visit anthemeap.com and enter Carpenters Trust to log in.



Lean on us

Maybe you're a few months behind on bills and want to get back on track. Maybe you're new to town and looking for a daycare center. Maybe you have a big project at work and are feeling a lot of stress. Whatever your concern, a call to your Employee Assistance Program (EAP) can help you through it.

What is EAP, anyway?

You may have heard about EAP but aren't sure what it is. EAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an EAP staff member. Just call 800-999-7222 or visit anthemeap.com. You'll be connected in an instant. We're here 24 hours a day, every day, to help you.

How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange up to 4 free visits with licensed professionals. If you have financial or legal questions, we can put you in touch with a financial advisor or a lawyer.



Reach us online

If online help is more your style, visit anthemeap.com. You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

- Workplace safety
- Child and elder care
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

Your privacy matters

Remember, EAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called EAP unless you give them permission in writing.*

After you make the first phone call to us, we can refer you to a licensed counselor in your area who's a member of our network. Your EAP membership entitles you to up to 4 free visits for each issue you're facing. Then, if you need ongoing assistance, we'll help you connect with a qualified resource.

*In accordance with federal and state law, and professional ethical standards.



Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece en este folleto.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitations and exclusions.

Service Summary for

Carpenters Health and Welfare Trust Fund



The Anthem Employee Assistance Program (EAP) provides solutions to help you balance work and life through confidential and easily accessible services. Anthem EAP puts convenient resources within your reach, and that helps you – and your household members – stay healthy. Anthem EAP services include:

Face-to-Face Counseling. You and your household members are eligible for up to 4 visits for each personal situation, as needed. You don't have to have Anthem insurance to qualify for this benefit. You can simply call the toll-free Anthem EAP number or access services online using the "Member Center."

Legal Assistance. You can receive a free 30 minute consultation in person or over the phone at a time that is convenient for you. You can even receive a discount on fees should you retain the attorney. Online resources include free legal forms, seminars and a full library of articles.

Financial Assistance. Our financial professionals provide free telephonic consultation on the financial topics that are important to you. Counseling sessions have no time limitations, and are available without appointment during regular business. Online resources include an assortment of financial calculators and access to PocketSmith, a budgeting and management tool.

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.

Tobacco Cessation (Online and Coaching)

Online Program: LivingFree™ is a free 10 sessions, online training program which will help you learn how to break the tobacco habit. The program focuses on the root emotional and physical causes of using tobacco.

Telephonic Coaching: A free service provided via telephone or through instant messaging. The certified Coach will help you address the triggers of your tobacco use and how to overcome them as well as address issues related to weight management and fitness.

Dependent Care and Daily Living Resources. You and your household members can get information on child care, adoption, summer camps, college placement relocation, plus resources on elder care issues and assisted living by accessing the website's *Resources* or by calling the EAPs toll-free number and speaking with a work/life representative.

Other Web Resources. Full library of health and emotional well-being articles. Monthly webinars. Self-assessment tools on topics such as depression, relationships, anxiety, anger, alcohol, eating and more.

Crisis Consultation. If you have an emergency, simply call the Anthem toll-free number. Consultants are available 24/7/365 to help or just listen, depending on your needs.

To contact Anthem EAP, please call us toll-free at 800-999-7222 or visit us at www.anthemead.com. Enter your company code: Carpenters Trust

Life

just got easier

Work. Home. Family. Friends. Fido. Balancing the demands of life can be stressful — the good news is we can help.

We're your Employee Assistance Program. And we're here to help make your life easier. We're the folks you turn to when life throws you some curve balls and you'd like a little help. We're a sympathetic ear and so much more.

We're an extra set of hands. At anthemeap.com, you'll find everyday legal forms at your fingertips: wills, rental agreements and more. Catch an online seminar and plan your dream vacation. Or, let us show you how to assemble supplies so you're prepared for natural disasters or emergencies.

We're your know-it-all neighbor. Looking for child care and summer camps for your kids? Come to us. If you're a caregiver for older loved ones, we've got the scoop on that, too. From home health care to support groups in your area, we'll track them down for you. And whether you're moving in or moving out of the neighborhood, you can count on us. Get tips on how to buy or sell a house and find a mover. Check out some great advice on buying a car. Find education opportunities — for your children and yourself.

We're your watch dog. Why worry about identity theft? Get identity monitoring for free. And keep an eye on your credit. Learn how to get your free annual credit report. Know more, worry less. Read up on household and online safety for yourself and your kids. We've got your real watch dog covered, too. We can help you find pet sitters and pet adoption services.



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We're your coach. Take control of your life, accomplish your personal goals and make your dreams come true. We can help you make a plan, get you headed in the right direction and give you tips for making it all happen. We also can help you succeed on the job. We can teach you how to lead effective meetings and get credit for your work. Plus, you can test yourself on how well you can manage conflict in your personal relationships.

And yes, we're good listeners. We're here for you by phone and online. You get 24/7 toll-free access to counselors. You can speak with a legal or financial expert for help on divorce, custody, consumer issues and more. Call 800-999-7222 to get confidential help. And when you're on anthemeap.com and need help, we're there too.

Keeping a healthy, balanced life has never been easier. Let your Employee Assistance Program help.

Put your Employee Assistance Program to work and balance your life like a pro.

Visit anthemeap.com. Login: Carpenters Trust

Get help with whatever you need:

- Finding child care or summer camps
- Elder care resources
- Free identity theft monitoring
- Vacation planning tips
- Budgeting tools
- Legal forms
- Pet care resources
- Car and home buying advice
- Career advice
- College planning tips



*It's like having a personal
assistant for your life*
Employee Assistance Program website

Do you have a hectic schedule? Is your to-do list getting longer each day? If so, your Employee Assistance Program (EAP) website at **anthemeap.com** can help.

For example, the EAP website has easy-to-use tools that can help you:

- Find day care for children and elder care for parents
- Set goals for your retirement
- Choose a pet sitter when you go away on a vacation

Do you need help with a challenging problem?

If you want to talk with someone about an issue, you can call your EAP 24 hours a day, seven days a week at **800-999-7222**. If you need to meet with a licensed counselor, we can make an appointment for you. If you have money or legal problems, we can put you in touch with a financial advisor or lawyer.

We understand how important privacy is when it comes to subjects like these. So, rest assured that your friends, family and employer can't find out about your use of EAP services, unless you give your written permission.*

You can use the website to find resources near where you live or work. Just put in your ZIP code in the search feature.

The website is ready 24/7, so when you need help, just go to **anthemeap.com** and enter Carpenters Trust. You can find other resources, such as:

- Online tools and seminars for living healthier
- Articles about educational choices for you or your children
- Tips for balancing your personal life and work
- LiveCONNECT instant messaging for live chats with work/life consultants if you have questions or just want to talk about your situation

These services are provided at no cost to you and everyone who lives in your home. There's no need to sign up — you're automatically enrolled.

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