

# Summary of Employee Assistance Program Services for Bowdoin College

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.

## **Effective January 1, 2010**

Anthem EAP services include:

### **Telephone Counseling & Referral Services**

Members can call Anthem EAP for information, referrals, and crisis assistance whenever they need us – 24/7. Callers will speak directly with an EAP counselor, no busy signal or automated attendant.

### **Face-to-Face Counseling Visits**

Members receive up to 4 face-to-face visits per issue per year, at no cost. They will be connected to a local qualified and reputable provider in the Anthem EAP network.

### **Legal & Financial Referral & Consultation**

Members will receive a referral and telephone consultation free of charge for legal or financial concerns. Should you wish to retain the attorney ongoing services are provided at 25% off of the attorney's normal hourly rate. Consultations are available on a variety of topics including:

- Online legal forms
- Civil issues
- Consumer issues
- Criminal matters
- Estate law
- Personal legal issues
- Budgeting
- Managing debt
- Divorce
- Insurance
- Bankruptcy
- Taxes

### **Elder Care & Child Care Referral & Consultation**

When members log on to [www.AnthemEAP.com](http://www.AnthemEAP.com), they can receive a list of care resources in their area. With your plan they can conduct a search or request assistance over the phone. One of our specialists will find resources that meet their specific needs and supply them with all the information they need. Child and Elder care resources include:

- Adoption agencies
- Adult day care
- Cancer centers
- Childcare centers
- Community services
- Hospice programs
- In-home services
- Retirement facilities
- School searches
- Skilled nursing
- Summer camps
- Support groups

### **Website Resources**

Our website features a variety of tools and resources. You can easily access information on a variety of topics including:

- Adoption
- Child Care
- College Life
- Daily Living
- Education
- Financial Issues
- Health and Wellness
- Children's Topics
- Legal Issues
- Life Abroad: Travel
- Moving / Relocation
- Older Adults
- Parenting
- Personal Concerns
- Podcasts
- Working Well

### **More information on the EAP**

To help make sure you understand your program we provide an orientation on the EAP website. The orientation introduces Anthem EAP services, provides information about how and when to use the services, and emphasizes the confidentiality of utilizing the program.

### **Bowdoin College EAP toll-free number:**

**1-800-647-9151**

**Or visit our website at:**

**[www.AnthemEAP.com](http://www.AnthemEAP.com)**

**Login: Bowdoin College**

