DID YOU KNOW?
April 2023

NKCPS offers an Employee Assistance Program (EAP) through Anthem with resources for you and your household members at no cost to you.

SERVICE SUMMARY
The EAP offers the following services:

- Counseling
  - Up to three face-to-face or LiveHealth Online visits per issue
  - Can call EAP or use the online member center to initiate
- Legal consultation
  - 30-minute phone or in-person meeting
  - Discounted fees to retain a lawyer
- Financial consultation
  - Phone meeting with financial professionals
  - Consultation during regular business hours—no time limits or appointments needed
- ID recovery
  - Identity theft risk level checked by specialists
  - Help with reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors
- Dependent care and daily living resources
  - Info on child care, adoption, summer camps, college placement, elder care and assisted living
  - Help with everyday needs like pet sitting, relocation resources, and more
- Other anthemEAP.com resources
  - Well-being articles, podcasts, and webinars
  - Self-assessment tools for depression, anxiety, relationships, and more
- Crisis consultation
  - Toll-free number for emergencies
  - Help available 24/7
  - On-demand digital resources

FOR MORE INFORMATION:
email Tammy Waters at twaters@nkcps.k12.va.us

Need help? It’s available 24/7, 365 days a year.

GIVE EAP A TRY TODAY
There are two ways to reach out for services:

CALL 800-346-5484
VISIT anthemEAP.com

Enter the company code: New Kent County Public Schools