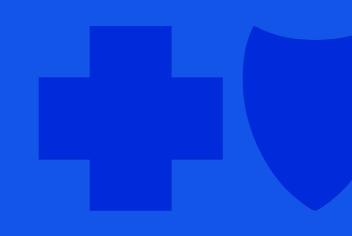
# Connect with a therapist — anytime, anywhere



Your EAP offers faster access to counseling when you need it

If you or a loved one is struggling with life's challenges, finding a mental health professional to talk to quickly can make a big difference. That's why your Employee Assistance Program (EAP) is offering Talkspace, a service that provides confidential counseling by text, audio, or video — whatever way feels right for you.

# Find support for:

- Anxiety
- Relationships
- Substance use

- Depression
- Sleep
- Trauma

- Grief
- Stress

#### You'll benefit from:



## Personalized match

Talkspace QuickMatch™ pairs you with a therapist who fits your needs and preferences. That helps you feel comfortable from the start.



#### 24/7 access

Message your therapist via text, audio, or video whenever something comes up — or schedule a virtual visit to connect in real time.



### Experience you can count on

Talkspace includes a diverse network of professional licensed therapists in every state who treat a variety of needs.

# Sign up for Talkspace today

- Use a web browser to register at talkspace.com/associatecare.
- Enter the letters "EAP", a space, and Henrico in the "Organization name" field.
- Complete the QuickMatch therapist finder questions.
- Await your therapist match, then send a message or schedule a virtual session.

# Your EAP is here with support, whatever your needs

You and your household members can get confidential support through your EAP. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to **www.anthemEAP.com** and enter Henrico

Remember, once you use up your yearly EAP visits, your plan may also include behavioral health benefits with in-person and virtual care options. Check your plan details to see how your plan covers visits to a therapist.





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. Talkspace does not offer emergency services.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rody Mountain Hospital and Medical Service, Inc. IMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by gaing to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, in In Indiana: Anthem Insurance Companies, Inc. In Georgia Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plans of Georgia, Inc. In Kentucky, Anthem Health Plans of New Indiana: Anthem Health Plans of Maine, Inc. In Missour, (excluding 30 counties in the Kansos City area; Right-CHOICE\* Memorare Company (HALLO, and HMO Missour), Inc. RIT and certain affiliates administer non-HMO Denicities underwritten by HALL Cond HMO Missour, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwritte benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Missour, inc. HMO products underwritten by HMO Colorado, Inc., do have Hmosphire.

Anthem Health Plans of New Hampshire, Inc. HMO products underwritten by HMO Colorado, Inc., do have Hmosphire, Inc. and underwritten by HMO Missour, inc. HMO products underwritten by HMO New Hampshire, Inc. and underwritten by HMO New Hampshire, Inc. and underwritten by H