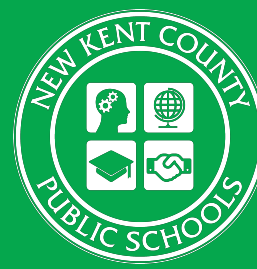


# DID YOU KNOW?

April 2023



Human Resources Corner

Issue 2

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

**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**



## FOR MORE INFORMATION:

email Tammy Waters at [twaters@nkcps.k12.va.us](mailto:twaters@nkcps.k12.va.us)

