

Parenting and the Coronavirus (COVID-19)



Parenting during the Coronavirus (COVID-19) outbreak is challenging. You may find yourself growing increasingly concerned about dependent care, education, or even how to discuss the COVID-19 with your child. Remember, your Employee Assistance Program (EAP) is here to provide you and your household members support during challenging times.

With your EAP you'll have no-cost, confidential access to¹:

- Telephonic support. Available 24/7 at (800) 999-7222. Talk to a counselor for in-the-moment support or a work/life specialist who can assist you in identifying resources to meet your individual needs.
- Counseling visits. Get a referral for in-office or LiveHealth Online video visits to manage stress, anxiety, and other issues. Call (800) 999-7222 for a referral.
- Child and Eldercare resources. Speak to a work/life specialist who can conduct a search for local resources for full, part-time and back-up care. Conduct your own search at anthemeap.com (log in: SISC).

Need support? Reach out to the EAP today!

Call (800) 999-7222

Or online at anthemeap.com (log in: SISC)

¹ In accordance with federal, state law, and professional ethical standards.

Language Access Services - (TTY/TDD: 711)

(Spanish) - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

(Chinese) - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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