



Anthem EAP can help you get a fresh start!

Most of us are ready for a change in 2021. Whether it's a goal for personal fitness, professional development, stronger relationships, or taking on a new hobby, we are excited to put this last year behind us and focus on the future.

How do we know we are ready to face the change we want for our life?

To get a fresh start this year, it's a good time to check-in with yourself and revisit services from SISC's Employee Assistance Program provided by Anthem.

Check-in with yourself to FACE change

Sometimes we get so excited about making a life change or setting new goals that we don't think through how we're going to attain them; or even if they are attainable.

Listen to this podcast, "Fresh Start" (5 minutes), on AnthemEAP.com and use the exercise below to think through if you're ready to FACE change:

- **Focus** – Where is your focus right now in life? Are you pulled in many directions with work, family, parenting, etc.? Are you currently capable of focusing on this change?
- **Attitude** – What is your attitude towards this change? Are you excited about it? Or do you feel like it's something you have to do?
- **Capabilities** – What specific skills and habits do you have that can help you make this change? What skills do you need to work on to improve consciously?
- **Energy** – What type of energy level will this require? How much time each week do you need to make this change successful? Is it a consistent level of energy? Or will there be moments of sprinting, like when taking a class or studying for a certification exam?

EAP Resources Available

Anthem EAP has a wealth of resources available to employees, from online webinars and reading materials to people you can talk with one on one. Visit the website at AnthemEAP.com and enter Company Code: **SISC**

For one on one support, contact your EAP **800-999-7222** for no-cost, confidential access to:

- **Telephonic support.** Available 24/7, you can 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.

Your Employee Assistance Program will continue to provide tools and resources to support employees with everyday needs, big life events, and their mental and emotional well-being. Think about how you can use the services throughout the year. The program is available to employees and their household members, 24 hours a day, 7 days a week, regardless of medical plan enrollment and at no additional cost.