

Anthem. 

www.AnthemEAP.com



Maine Municipal
Employees Health Trust

www.MMEHT.org

Anthem Employee Assistance Program

Effective Date January 1, 2012

Welcome to Anthem Employee Assistance Program (EAP). We are here when you need us.

Effective January 1, 2012, Anthem EAP will be available to employees of participating employers offering a medical plan through the Maine Municipal Employees Health Trust (MMEHT). This program will offer up to 3 face-to-face counseling visits per employee/household member per issue as well as on-line resources.

Anthem EAP is confidential information, support, and referral service offering tools and resources designed to help maximize productivity and meet the challenges of modern life. EAP services are available to employees and their household members at no additional cost to them. Areas frequently addressed by the EAP include:

- Child care and parenting
- Helping aging parent
- Financial issues
- Legal concerns
- Work and career
- Emotional well-being
- Addiction and recovery
- Wellness and prevention
- Life events

For more than 20 years, Anthem Blue Cross and Blue Shield EAP has helped employers and employees enhance productivity and total wellness through our confidential and easily accessible services. Our caring and trained staff members can offer information and advice to help your employees solve a wide range of problems – from relationship and family concerns to anxiety, depression, stress, alcohol and drug abuse, and even financial, legal, child care and elder care issues. We believe you'll find these services beneficial to you and your employees.

To help you promote the EAP, MMEHT we will be providing you resources in the future to distribute to your staff and post in common areas at your locations. In addition, employees will be receiving an introductory brochure and wallet card in early 2012.

We look forward to providing you and your employees with innovative and valuable services. After January 1, 2012, we look forward to your calls at **800-647-9151** or visit **anthemEAP.com** and enter **MMEHT** to see what we can do for you.

This document is for general informational purposes. Check with the Maine Municipal Employees Health Trust for specific information about benefits, limitations and exclusions.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity.

Credit Card Purchases and Store Card Purchases

1st Sentence: The credit card and a store card purchases are for internet purchases, registration costs, subscriptions and travel expenses, etc., but must be initiated by a purchase order.

Eliminate sentence for all purchases over one-hundred (\$100) dollars. Department Heads must submit a purchase order first.