



PERALTA BENEFITS – EVERYONE



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Benefits Spotlight:

For employees and dependents

Employee Assistance Programs (EAP)

Did you know that Peralta sponsors **TWO (2)** confidential Employee Assistance Programs (EAP) for the well-being of its employees and eligible dependents? Access is limited to full time, benefit-eligible employees and contract faculty. The EAP is a popular resource that Peralta is proud to offer.

Inside This Issue

Employee Assistance Programs (EAP)

- Anthem (formerly Wellpoint/BlueCross)
- Ability Assist (The Hartford)

Why does Peralta offer two EAPs?

At one time we offered one EAP though **Anthem**, formerly known as Wellpoint/BlueCross. In 2004, our business partner for life insurance benefits, **The Hartford**, introduced an EAP **Ability Assist** as an added feature of the employer-sponsored-life insurance policy. *(There are other features of the life insurance benefit that you may explore by visiting the website noted below.)*

In general, both plans (**Ability Assist** and **Anthem**) provide access to a variety of resources on the following topics:

- Health & Wellness
- Personal concerns
- Child Care / Planning
- Eldercare
- Legal Resources
- & Much More



Both plans provide 24 hour access, 7 days/week everyday of the year. Here is a snapshot of the differences between the two plans. For more information, access the EAP provider of choice by visiting the website or the toll free number.

	Anthem (formerly BlueCross/Wellpoint)	Ability Assist (The Hartford)
Toll Free Number	1-800-999-7222	1-800-964-3577
Web Address	www.anthemeap.com	www.guidanceresources.com
Web access ID	Peralta	HLF902
Visits per Year	7 issues per incident, per person, per year	5 sessions total per year combined for you and your family

CHECK OUT YOUR BENEFITS INFORMATION CENTER (BIC)!



To learn more about your EAP, as well as other District-sponsored benefit plans, please visit your Benefit Information Center (BIC) website:

www.peralta.pswbenefits.net