Employee Assistance Program

All health plans offered to state employees and their dependents have employee assistance programs (EAPs). Included are up to four sessions at no charge for such services as mental health, alcohol or drug abuse assessment, child or elder care, grief counseling and legal or financial services. EAP counselors are available to assist employees with problems related to:

- Alcohol
- Drugs
- Family
- Health
- Legal
- Financial
- Housing
- Mental health
- Child care
- Elder care
- Grief
- Spousal/child/parent abuse
- Workplace
- Career planning
- Retirement

In general, care must be authorized in advance. You or your eligible dependent will speak to an EAP specialist who will assess your problem and coordinate assistance. Should your problem require mental health or substance abuse care, you will be referred to a provider, under your mental health and substance abuse benefit. Your EAP specialist or care manager will arrange a referral according to your specific needs. Contact your plan's Member Services department for more information.

IF YOU ARE ENROLLED IN:

COVA Care and COVA HDHP

Call:

Anthem Blue Cross and Blue Shield

Member Services:
1-855-223-9277
www.anthHEMEAP.com

IF YOU ARE ENROLLED IN:

COVA HealthAware

Call:

Aetna

Member Services:
1-888-238-6232
www.covahealthaware.com