

Resource Advisor is here with help for life's issues

Receive counseling and access to
financial and legal tools and services

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

Counseling in the way that's best for you

Resource Advisor offers you and each family member up to three visits with a counselor per issue at no extra cost to you. Counselors can help you cope with life's challenges, including:

- Stress
- Anxiety
- Depression
- Family and relationship issues
- Illness

When you call Resource Advisor, you can talk to a counselor by phone right away, set up face-to-face sessions, or have a virtual visit using LiveHealth Online. If you choose video visits, Resource Advisor will walk you through the scheduling process with LiveHealth Online and give you a coupon code to access the visits at no extra cost to you. You'll be able to have a virtual visit with a counselor anywhere you have privacy and internet access.*

▶ Call **888-209-7840** and ask for Resource Advisor. They can connect you with a counselor:



by phone



in person



through a video visit

Helpful tools and resources you can count on

Resource Advisor offers the following resources and services at no extra cost to you.

Financial planning

Receive one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

Legal services

Have a phone consultation with an attorney at no charge. If you want to meet with an attorney in person, Resource Advisor's legal consultant can set up an appointment at a discounted rate.

Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can also sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports.

Online tools to help with life's issues

The Resource Advisor website has tools to help with common issues and challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals for services like elder care, pet sitting, and child care
- Funeral planning



How to contact Resource Advisor



If you have questions or want to access the resources, above, call **888-209-7840** and ask for Resource Advisor or go to **www.ResourceAdvisor.Anthem.com** and enter “AnthemResourceAdvisor” to log in.

* LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield. Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

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