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## ICU Program – Improving Emotional Health

Just as an Intensive Care Unit, or ICU, helps those with a physical injury or illness, the three steps of the ICU Program steps help us convey “I See You” to our peers in distress, who may have an emotional or psychological illness or injury. The three steps are:

## Identify - the signs

## Connect - with the person

## Understand - the way forward together

We can support one another by understanding the way forward together through caring, connecting, and knowing where to get help. Watch the attached ICU video to recall how to identify the signs of distress.

## Remember Your Resources – Know Where to Get Help

Through simply caring and connecting, we can support each other and improve the emotional health of our team. When more help is needed, we offer a number of benefits that can provide help when you or a colleague is in distress:

* Contact our Anthem Employee Assistance Program (EAP) at 1 (800) 346-5484. These services are confidential and at no cost to members who participate in the medical plan.
* Contact the EAP offered through our disability carrier, Lincoln Financial Group/Compsych at 1 (888) 628-4824. There is no cost to members.
* Contact Anthem’s member services at 1 (833) 831-0085 if you are unsure of your mental health benefits covered under the health plan.
* Contact your HR/Benefits department at xxx-xxx-xxxx if you have any questions.