Do you have a hectic schedule? Is your to-do list getting longer each day? If so, your Employee Assistance Program (EAP) website at anthemEAP.com can help.

For example, the EAP website has easy-to-use tools that can help you:

- Find day care for children and elder care for parents
- Set goals for your retirement
- Choose a pet sitter when you go away on a vacation

You can use the website to find resources near where you live or work. Just put in your ZIP code in the search feature.

The website is ready 24/7, so when you need help, just go to anthemEAP.com and enter SISC. You can find other resources, such as:

- Online tools and seminars for living healthier
- Articles about educational choices for you or your children
- Tips for balancing your personal life and work
- LiveCONNECT instant messaging for live chats with work/life consultants if you have questions or just want to talk about your situation

These services are provided at no cost to you and everyone who lives in your home. There’s no need to sign up — you’re automatically enrolled.