

The Benefits of Nielsen

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Employee Assistance Program

Focus on you.

You work hard and you play hard. Take the time to make sure both your mind and body are performing at their best. The Nielsen Employee Assistance Program (EAP), offered through Anthem Blue Cross Blue Shield, knows that being healthy is more than having a good heart and strong bones. Your EAP is an information, support and referral service to help you maximize your well-being.

Through your EAP, you have access to a nationwide network of licensed behavioral health professionals who can help you with: relationship or family problems, alcohol or drug abuse, feelings of loss or grief, depression or anxiety, managing stress, coping in times of crisis or change or addressing work related concerns.

Easy, free and confidential

We understand that life issues don't just impact you, but can affect your entire family. That's why EAP services are available to your entire household. **You don't need to be an Anthem member to access the EAP.**

Your EAP provides counseling sessions on a per issue basis, not per year. This means that the EAP is there whenever you or your family face a new challenge. Plus, Nielsen pays the full cost of the first three sessions with an EAP counselor—whether they're in person or on the phone.

Anything you discuss with your counselor—and even that you're in counseling—is **kept in confidence**. Your employer, family, even your medical insurance, can't be told without your written consent or a court order.

Online resources

Anthem EAP's private, secure Web site is a comprehensive and user-friendly tool that can help you gain the knowledge you need to tackle many life issues. The site features self-assessments, internet resources and articles on a broad range of topics such as child care, health and wellness and workplace issues.

Access 24 hours a day / 7 days a week:

Online: www.AnthemEAP.com (member log-in: Nielsen)

Toll-Free Number: 1-888-392-5738.