Effective date: 01/01/2027

# Your Employee Assistance Program

## City National Bank

Your Employee Assistance Program (EAP) is here to help you and your household through difficult times. The following resources are private, confidential, and available to you 24/7 at no extra cost.[1]

### Counseling and mental health

- Get 5 free visits for in-person or virtual counseling per person in your household, per issue each year.[2]

### Work-life resources

- Find information on career, parenting, and balancing work and family.
- Find high-quality child, elder, and pet care.
- Search for a certified financial planner professional.

### Identity theft support

- Receive a 60-minute ID theft consultation to help recover from the effects of identity theft and access an emergency response kit.

### Self-improvement resources

- Log in to take self-assessments, access the Guidance to Care tool, and get a list of EAP resources specific to your needs.
- Explore wellness topics where you can find resources in the form of articles, podcasts, and videos.

### Legal and financial resources

- Book a no-cost legal or mediation consultation and receive a discounted rate from participating local attorneys and mediators on continued legal services.[3]
- Explore an online library of legal resources, forms, and essential documents.
- Consult with a financial coach and access online financial calculators and budgeting tools.

### 24/7 crisis support

- Get in-the-moment support when experiencing a personal crisis.
- Find help with navigating resources and getting support if you're impacted by a tragedy or natural disaster.

### Get the help you need, 24/7

- Visit **anthemeap.com/cnb**
- Call your EAP at **800-999-7222** for help with questions.

Anthem

1 In accordance with federal and state law, and professional ethical standards.

2 Appointments are subject to availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in a crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to the nearest emergency room.

3 Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly.

This document is for general information purposes. Check with your employer for specific information on services available to you.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

EAP products are offered by Anthem Insurance Companies, Inc.

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