



Your Employee Assistance Program (EAP)

WITH YOU AT EVERY TURN

On the road map of life, you won't find an actual Easy Street. But as "roadside assistance" for life's journey, CCA provides in-the-moment support and short-term counseling to help you navigate everyday stressors, major life transitions, and everything in between.

- Anxiety and Stress
- Family and Relationship Issues
- Emotional Well-Being
- Work/Life Balance



How does the EAP help? The program helps support your total well-being by providing free 24/7 access to professional counseling by phone, as well as access to short-term in-person sessions.

How is all this free? Because your well-being is important, ViacomCBS provides the program at no cost to you.

When can I call? Any time, any day. No matter when you call, a qualified professional is available to assess your needs and connect you to the appropriate resources or immediate counseling.

Can my family use the program, too? Absolutely. All the benefits and resources of the EAP are available to your family and those you care about.

Is the program confidential? Yes. The program is administered by CCA—an organization separate from ViacomCBS—that does not share details about who has used the service.

What is myccaonline.com? That is the EAP's member website, which you can access with your company code, viacomcbs. Once logged in, you'll find helpful information, articles, tips, and links, assessments, and tools related to work and life topics of interest.

What is the CCA@YourService app? For added convenience, members can download the free CCA@YourService mobile app from the App Store or Google Play. Once registered with your code, **viacomcbs**, you can access a range of resources and support, including digital intake for work/life services, emotional wellness screenings, and self-use programs for mindfulness and balance.

Detach at perforation and carry the card in your wallet for easy service access, or add CCA to your contacts by taking a picture of the QR code.



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Your EAP is a free, confidential benefit to you and your family as part of your ViacomCBS benefits. Professional support is available any time, any day by phone, web, or app.

TOLL-FREE: 800-833-8707

WEBSITE: www.myccaonline.com
Company Code: viacomcbs

CCA@YourService
(mobile app downloadable from the App Store and Google Play)
Registration Code:
viacomcbs



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