

## Free Employee Assistance Program (EAP)

# Your personal guidance system

Some days you just need someone to talk to. Other times you may be looking for connections to people who can help you figure things out. Or maybe you want information from a source you can trust.

Whether you're sweating the small stuff or facing a major life crisis, your Employee Assistance Program (EAP) can help. No problem is too small (or too big) for our highly trained and caring EAP staff.

When you call, we'll work with you to determine your next steps. If needed, we can arrange for several free visits with a licensed counselor. Or, if your worries include money or legal problems, we can put you in touch with a financial advisor or a lawyer. If you'd benefit from ongoing assistance, we'll help you connect with a qualified resource near your work or home.

If you'd rather not talk about your issue, you can still get information through our website, [anthemEAP.com](http://anthemEAP.com)

## Activate us today

Whatever's on your mind, you won't have to face it alone. It'll be easy to activate your personal guidance system. Just dial our toll-free number, 800-999-7222, whenever you're feeling a little lost.



There you'll find helpful resources including:

- Ways to manage dilemmas in both your personal and work life
- Interactive search tools to locate child care and elder care services in your area
- Financial calculators to help you plan for major purchases or life events
- Practical tips on topics like safety, travel and pets

Naturally, we understand how important privacy is when it comes to subjects like these. So, rest assured that your friends, family members and employer cannot find out about your use of EAP services without your written consent.\*

Since you never know when life will throw a challenge your way, your EAP is available 24 hours a day, every day of the year. EAP 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.



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