



# The Employee Assistance Program

## It can help turn problems into solutions.

### Available 24/7.



Saying that life is hectic is an understatement. When you toss in everyday challenges that we all face from time to time, be it work, home or something very personal, it's not always easy to handle everything on your own. In fact, sometimes it makes sense to reach out for help. And since many people just don't have the time, your employer offers a wonderful resource to help with all kinds of things — from simple to serious.

#### First stop — the EAP website — your 24/7 resource

Just go to [anthemeap.com](http://anthemeap.com) for articles, educational materials, tips, tools and more. You can search for information on a variety of topics including:

- Balancing your personal life and work
- Grief and loss support
- Becoming a new parent
- Men's and women's health for all ages
- Moving or buying a home; working and living abroad
- Elder care, child care and adoption
- Pet services such as sitters, boarding and day care
- Access to legal and financial resources
- Tips to live life to the fullest from our WellPost blog
- Monthly seminars on living healthier

There's no need to sign up — you and your household members are automatically enrolled.

We understand how important privacy is when it comes to certain subjects. So rest assured that your friends, family and employer can't find out about your use of EAP services, unless you give your written permission.\*

#### Sometimes talking to someone one-to-one makes all the difference

You can speak with a work and life specialist by calling 800-865-1044, day or night. Your specialist will listen to your needs, research solutions and provide tailored resources in a helpful packet of information. If you prefer chatting live online go to [anthemeap.com](http://anthemeap.com) to use LiveCONNECT instant messaging to speak with a member of our team.

**Life can be complicated. Getting help can be simple. The EAP is your solution.**

**For more information on EAP services, call 800-865-1044 or go to [anthemeap.com](http://anthemeap.com) and enter Millennia.**

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

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

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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