



EMPLOYEE ASSISTANCE PROGRAM

MENTAL HEALTH COUNSELING, SUPPORT & REFERRALS FOR A WELL-BALANCED LIFE

Problems are just a part of everyday life. You and your household members have access to Anthem's Employee Assistance Program (EAP) to help with the everyday challenges of life that may affect your health, family life and desire to excel at work.

You and the members of your household have unlimited access to consultants by telephone and resources and tools online, and up to **six face-to-face counseling sessions per year**, per person, per issue.

AN EAP CAN ADDRESS THE FOLLOWING ISSUES:



SUBSTANCE ABUSE & ADDICTION



LEGAL ASSISTANCE



FAMILY & RELATIONSHIPS



FINANCIAL WELLNESS



EMOTIONAL WELL-BEING



WORK & CAREER

FOR 24/7 ASSISTANCE:

Call 800-543-4158 or 317-621-7742