

## How to reach us

You never know when you may need help. That's why we're giving you two ways to keep our number handy:

### Employee Assistance Program

855-223-9277  
anthemEAP.com

Enter  
Commonwealth of Virginia

Free, confidential help  
24 hours a day, 7 days a week



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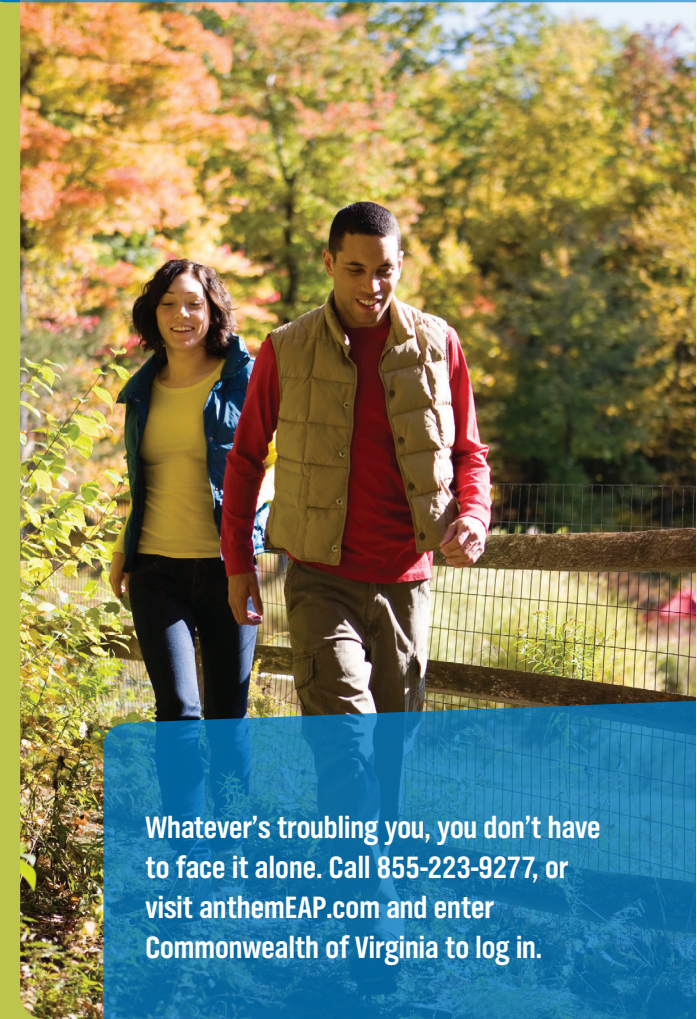


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## Employee Assistance Program

Help when you need it



Whatever's troubling you, you don't have to face it alone. Call 855-223-9277, or visit [anthemEAP.com](http://anthemEAP.com) and enter Commonwealth of Virginia to log in.

## Lean on us

Maybe you're a few months behind on bills and want to get back on track. Maybe you're new to town and looking for a daycare center. Maybe you have a big project at work and are feeling a lot of stress. Whatever your concern, a call to your Employee Assistance Program (EAP) can help you through it.

### What is an EAP?

You may have heard about EAP but aren't sure what it is. EAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an EAP staff member. Just call 855-223-9277 or visit [anthemEAP.com](http://anthemEAP.com). You'll be connected in an instant. We're here 24 hours a day, every day, to help you.

### How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange up to four free visits with licensed professionals. If you have financial or legal questions, we can put you in touch with a financial advisor or a lawyer.



### Reach us online

If online help is more your style, visit [anthemEAP.com](http://anthemEAP.com). You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

- Workplace safety
- Child and elder care
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

### Your privacy matters

Remember, EAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called EAP unless you give them permission in writing.\*

After you make the first phone call to us, we can refer you to a licensed counselor in your area who's a member of our network. Your EAP membership entitles you to up to four free visits for each issue you're facing. Then, if you need ongoing assistance, we'll help you connect with a qualified resource.

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



Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece en este folleto.

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