

Rest assured you're not alone

You can count on your Anthem EAP

We understand that the COVID-19 outbreak can cause stress and anxiety. During times like this, it helps to know your Anthem Employee Assistance Program (EAP) can help with your well-being and peace of mind.

Having the information and support you need can go a long way in feeling confident and capable when times are tough. The EAP website offers helpful resources related to COVID-19, including:

- Online seminars with emotional support and practical information
- Regularly updated links to news outlets and health organization websites
- Links to articles and resources to help you stay informed

And there's more help available if you need it. You can use the EAP website for:

- Articles and tip sheets to help with everyday needs
- Information on child and elder care resources
- Legal and financial information
- And more!

We're here for you

Visit our website for free confidential* help at anthemEAP.com.

Choose the Log-in button and enter: EAP Can Help

Anthem[®] EAP

*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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

Anthem EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. * ANTHEM is a registered trademark.

Services provided by Empire HealthChoice HMO, Inc., and/or Empire HealthChoice Assurance, Inc., licensees of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield plans.