

Quick links to wellness

Discover what your Employee Assistance Program offers

Your Employee Assistance Program (EAP) offers valuable resources designed to help you overcome challenges that impact your health, family life, and job performance. To make it even quicker and easier for you to access EAP's most widely used services, we created a streamlined experience for you.

Here are the resources you'll find:



New this month: Everything that's new to the site, all in one spot.



Stress less: Essential resources on mental health topics and work-life balance.



Relationships and family life: Useful information on parenting; finding child, elder, and pet care; and connecting with the people in your life.



Own your wellness: Timely tips for a healthy, active life.



Financial well-being: Actionable advice on how to save for retirement, make a budget, and set financial goals.



Get help now: Fast access to help for a variety of physical and mental health issues.

For questions and issues both big and small, your EAP has resources to help.



Connect to your best life

Visit anthemEAP.com
or scan the QR code.



If you prefer a chat to a click, call
the EAP at **877-657-6060**.



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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