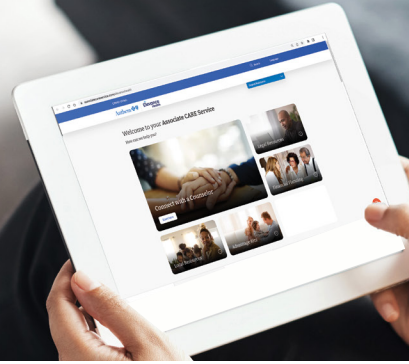


Your Employee Assistance Program



During those moments when you feel overwhelmed, your Employee Assistance Program (EAP) is here for you with real-life tips, tools, articles, webinars, and links to helpful resources. As always, your EAP is private, confidential, and included as part of your benefits.¹ EAP is available to all employees and household members or dependents, even if you are not enrolled in an Anthem medical plan.

Support and advice for every step of the way



Counseling

Connect with a mental health professional for a variety of matters, including in moments of crisis. In-person and virtual options are available. Virtual options are offered through Headway, Talkspace or LiveHealth Online.



Legal resources

Access on-line resources and legal help in-person or by phone for each issue, each year, at no added cost.² You or eligible family members can call EAP and request a consultation for each separate issue, with a network attorney at no cost.



Work-life resources

Find resources for career, parenting, healthy communication, and balancing work and family.



Self-paced courses and resources

Emotional Well-being resources connect you to one-on-one coaching, self-help digital tools and access to articles, podcasts, and webinars for help with depression, anxiety, relationships, and alcohol use.



Financial planning

Talk with a professional and find resources that can help you take charge of your finances.



Self-assessments

Take self-assessments to get personalized recommendations on the best resources for your needs.



Connect to resources anytime

For questions or issues, you have access to your EAP 24/7. Contact your EAP by calling **855-223-9277** or visit **anthemeap.com/the-local-choice**.

¹ In accordance with federal and state law, and professional ethical standards.

² Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988, the National Suicide Prevention Lifeline, and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

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