



# 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](https://anthemEAP.com).

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

**Anthem<sup>®</sup> EAP**

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

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