



Life just got easier

When life throws you curve balls, your Anthem Employee Assistance Program (EAP) is here to help you balance your life like a pro.

We're all ears. Sometimes meeting face to face with a professional is the best way to resolve a personal, financial or emotional issue. Your EAP covers up to 4 free counseling visits per issue per plan year. Just call 1-855-223-9277 to get started with complete confidentiality.

Think of your EAP as an extra set of hands. Your EAP goes beyond free counseling. It's a resource for so much more, including:

- Financial counseling and free online resources
- Legal services and free forms including wills, advance directives, bills of sale, etc.
- Child and elder care referral resources
- Parenting guidance
- Career development
- Pet care resources
- Online seminars for many topics

Visit **AnthemEAP.com** to learn about all the things your **EAP** can do for you.

(login: Commonwealth of Virginia - then select The Local Choice)

Anthem EAP is available to Anthem-covered employees, covered dependents, and any household members.



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