



Feel your best: de-stress!

Your Employee Assistance Program (EAP) can show you how

We can't always avoid stress, but we can take steps to stop it from taking over our lives. Your Employee Assistance Program (EAP) can help you recognize the signs of stress, figure out what triggers stress for you and learn how to deal with it.

Log on to anthemEAP.com for articles, videos and online seminars for topics like:

- Resilience
- Coping with Stress
- Emotional Well-being
- Balancing Work/Life during COVID-19



Visit anthemEAP.com or call
1-800-223-7723 for confidential help — at
no extra cost.*

*¡Lee los artículos en español! Simplemente visita
anthemEAP.com y selecciona español.*

* 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.

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