



Anthem 



Drug, alcohol or opioid problem? Help is here 24/7.

Not sure what to do? You don't have to figure things out by yourself. That's why we're here. Just reach out. There's no cost to you and it stays confidential.*

Through your Employee Assistance Program (EAP), you or your household members can get:

- Information and resources on where to go for help.
- Legal or financial consultation and family care resources.
- A full library of support materials at anthemEAP.com.
- 3 no-cost face-to-face counseling visits.
- Two-way video chat with a LiveHealth Online licensed therapist by appointment.

To reach EAP for help:

Call 800-865-1044 or

go to anthemEAP.com and

enter SWOH EPC to log in.

Reaching out is the first step. Need options? Your EAP can help. Lean on us.

Counseling

Your EAP makes it easy to get counseling if you or your household members need it. Simply call 800-865-1044 to get started.

*EAP services are confidential. No one will know you've contacted your EAP unless you give your permission in writing.

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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