

Recovery is within reach



Substance use can take a toll on every area of life — from your work and relationships to your physical and mental health. Overcoming it isn't easy, but you don't have to go through it alone.

Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no cost to you — you'll find ways to:

- Learn the signs and causes of substance use disorder.
- Understand how substance use can affect others.
- Explore treatment options.
- Find local services and support groups.
- Access 24/7 phone support.

Support you can count on

These EAP resources can help you understand substance use, find support, and take positive steps toward recovery.



Counseling

You and your family can talk to a licensed counselor in person or online at no extra cost.*



Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



Your EAP is here for you

Get the help you need anytime 24/7.

Go to **anthem.com/eap** and log in with your company code.



* Appointments subject to the availability of a therapist. 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 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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