



# Feeling overwhelmed, stuck or lost?

Lean on EAP, day or night.

**Life can surprise you with its many ups and downs.** That's why the Employee Assistance Program (EAP) is here for you – 24/7, 365 days a year. Whether you're struggling to find **child care**, plan for **retirement** or cope with **addiction**, we can help. EAP offers:



**One-on-one counseling by phone, in-person and online.**



**Web-based tools and resources:**

- Articles, checklists, quizzes and other educational materials
- Webinars, podcasts and eLearning modules about everything from **parenting** and **identity theft** to **disaster preparedness**
- **Legal forms**, including **wills**, **living trusts** and **rental agreements**
- LiveCONNECT instant messaging with a work-life specialist



**Legal and financial consultations.**



**Support on the go:**

- Emotional well-being resources
- LiveHealth Online for virtual visits with a licensed therapist

**Whatever life throws at you, remember that you're not alone. When you contact EAP, you'll reach a real person dedicated to your immediate needs.**

*EAP services are available to you and members of your household for free. Everything you share is confidential and stays between you and EAP.\**

## Ready to get started?

For employees with The Local Choice, call 855-223-9277 or visit [anthemEAP.com](http://anthemEAP.com) and enter Commonwealth of Virginia, then choose The Local Choice

For others, call 800-346-5484 or visit [anthemEAP.com](http://anthemEAP.com) and enter AHPS

\*In accordance with federal and state law, and professional ethical standards.

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。

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. Anthem is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.