

## How to reach us

Confidential help 24 hours a day,  
7 days a week, 365 days a year –  
at no extra cost



### Employee Assistance Program (EAP)

800-647-9151



### Website

[anthemeap.com](http://anthemeap.com)

Enter "MMEHT" to log in.



### Change your mind. Change your Life.™

Your EAP includes access to **Emotional Well-being Resources**, administered by **Learn to Live**, offering digital tools and online programs to help develop resilience, reduce stress, and practice mindfulness — at no extra cost to you.

Visit [anthemeap.com](http://anthemeap.com) and enter "MMEHT," or scan the QR code on the back of this brochure using the camera on your mobile device.

Everything you share  
is confidential.<sup>2</sup>

## Help 24/7, 365 days a year

### 3 ways to get started:



Call 800-647-9151.



Visit [anthemeap.com](http://anthemeap.com)  
and enter "MMEHT."



Scan the QR code using  
the camera on your mobile device



## Your privacy matters.

No one will know you've contacted EAP unless you give permission in writing.<sup>2</sup> For help, call 800-647-9151, or go to [anthemeap.com](http://anthemeap.com) and enter "MMEHT" to log in.



<sup>1</sup> Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide and Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

<sup>2</sup> In accordance with federal and state law and professional ethical standards.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitations, and exclusions.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

116933MEMENABS Rev. 01/23



## Your Employee Assistance Program

Here to support you

If you or your household members are facing personal or work-related challenges, the Anthem Blue Cross and Blue Shield Employee Assistance Program (EAP) can help you. Call 800-647-9151, or visit [anthemeap.com](http://anthemeap.com) and enter "MMEHT" to log in.



## Your EAP is here to help

For issues, questions, and challenges both big and small, your EAP has resources to help with:

- Finding care for an elderly loved one.
- Parenting a child with special needs.
- Dealing with addiction and recovery.
- Setting retirement goals.
- Seeking work-life balance.
- Accessing mental health resources and information.

## These EAP services are available at no extra cost to you:



**Counseling** with up to three visits for each issue, including face-to-face or online visits through LiveHealth Online, and Talkspace text or video.<sup>1</sup>



**Legal consultation** with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources.



**Financial consultation** including a phone meeting with financial professionals during business hours.



**ID recovery** for help with reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors.



**Emotional Well-being Resources** for emotional health and well-being, including personal coaching, webinars, virtual support teams, and positivity messaging.



**Dependent care and daily living resources** for information on child care, adoption, summer camps, college placement, elder care, and assisted living.



**Crisis consultation** with a toll-free number for emergencies and round-the-clock help.



**Additional antheameap.com resources** including well-being articles, podcasts, webinars, and tools for depression, anxiety, relationships, alcohol use, and eating habits.

## Learn more about your EAP at [antheameap.com](https://antheameap.com)

Articles

Checklists and legal forms

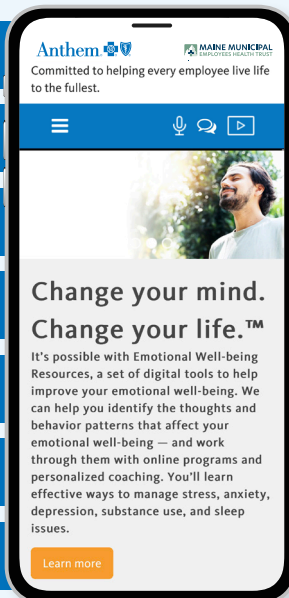
Webinars

Emotional Well-being Resources

Podcasts

Health quizzes

Online courses



Contact us 24/7

Call 800-647-9151 or visit [antheameap.com](https://antheameap.com) at no extra cost to you.

Anthem

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