



Help when *you need it*

Your Anthem Employee Assistance Program (EAP) is here for you

Paying the bills. Dealing with stress at work or home. Raising a family. Sometimes life pulls you in many directions and you need a little advice. Your Anthem EAP is a free service for you and your household members, and offers lots of great resources to deal with everyday problems and questions.

Getting support is simple and quick

You don't need to fill out a form or make an appointment to talk with an EAP staff member. To speak with someone, call **1-800-647-9151** or go to anthemEAP.com, enter **MMEHT** and then select **Login**.

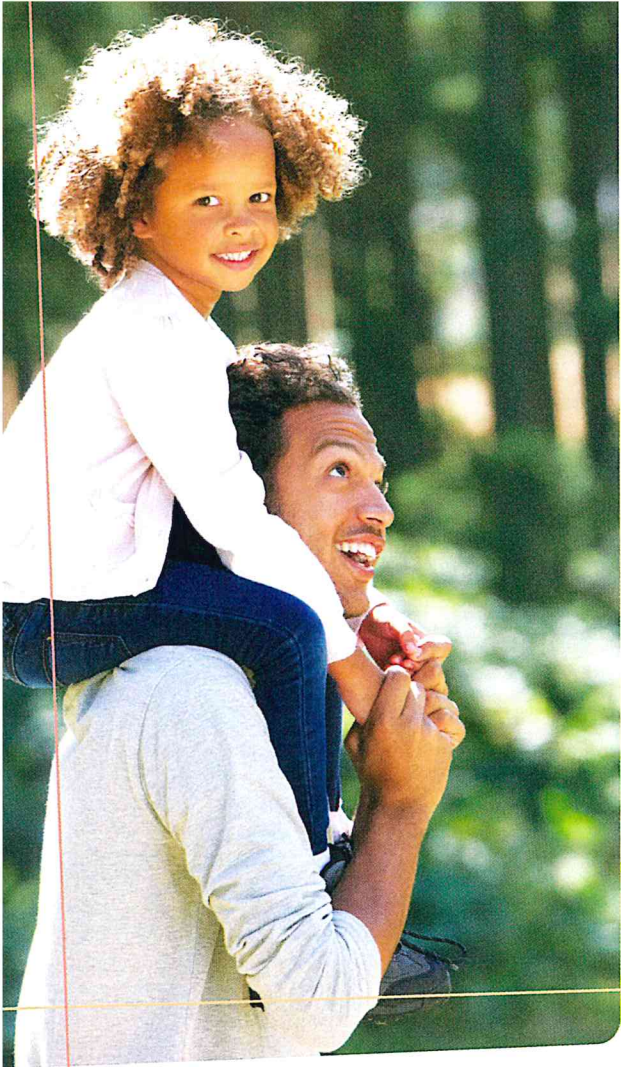
Remember, you don't have to participate in MMEHT benefits to qualify for EAP. This service is for all employees and their household members.

When the going gets tough, call us

If you're feeling stressed or depressed, you can turn to your EAP. Licensed mental health professionals are available 24/7 without an appointment and at no charge. If you want to have a counseling visit in person near your work or home, you can call to get a referral to see a mental health professional close to you. If you're worried about privacy, we understand. Your privacy is important and no one will know you've called EAP unless you give them your permission in writing.*

Or go online

To find online support to deal with anxiety, depression or substance abuse, try myStrength. It offers resources like videos, articles and tools to help you develop a personal action plan to make healthy changes. To get started, log in at anthemEAP.com and select **myStrength**.



Here's how your Anthem EAP can assist you

Taking control of your finances

Making ends meet can be a challenge whether you're single or have a family. Maybe you have a lot of credit card debt, or you're trying to stick to a budget. If you have questions, you can talk with a financial professional on topics such as:

- Getting out of debt
- Free identity theft monitoring and recovery
- Retirement
- Credit reports
- Estate planning
- Mortgages
- Foreclosures

Getting advice about legal concerns

If you have a legal problem, you may feel worried and stressed. Our EAP can help you understand and work through legal issues, including:

- Small claims court
- Adoption
- Divorce and custody issues
- Personal injury
- Criminal matters
- Real estate

You can talk with a legal expert and get advice and peace of mind. If you need a lawyer, you can get a discount on attorney fees.

The EAP offers much more — you can also get assistance:

- Finding child care and summer camps.
- Setting and meeting personal goals.
- Locating pet care resources.
- Succeeding at work.
- Looking for elder care.
- Getting support for nursing mothers.
- Preparing for college.
- Dealing with change, relationships and more by attending a webinar.

Sign up by going to Online Seminars on the right side of the page after logging in at [anthemEAP.com](https://www.anthemEAP.com). There's no cost for these webinars.

Contact Anthem EAP

Call: 1-800-647-9151

Visit: [anthemEAP.com](https://www.anthemEAP.com)

Login: MMEHT

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

myStrength is not a health care provider and does not provide medical advice, diagnosis or treatment. If you are currently thinking about or planning to harm yourself or someone else please call 911, go to the nearest hospital emergency room, or call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255).

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. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.