



Your Employee Assistance Program is here to support you

When 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. These services are available at no cost to you:



Counseling with up to three visits for each issue, including face-to-face in-office, online visits through LiveHealth Online¹, and Talkspace text or video.



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, administered by **Learn to Live**, with digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness.



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



Other [anthemeap.com](https://www.anthem.com/eap) resources, well-being articles, podcasts, webinars, and tools for depression, anxiety, relationships, alcohol use, and eating habits.



Crisis consultation with a toll-free number for emergencies and help at any hour of any day.

Help 24/7, 365 days a year

For assistance, please call
800-647-9151, or visit [anthemeap.com](https://www.anthemeap.com)
and enter "MMEHT" to log in.



Everything you share is confidential.²

¹ 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 call the National Suicide Prevention Lifeline, 800-273-TALK (800-273-8255), 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.

² 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.

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.

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