

How to reach us

Help that goes where you do.
Take us along. Here is a way to
keep us handy.

Employee Assistance Program

800-647-9151
antheameap.com

Enter MMEHT to log in.

Free, confidential help
24 hours a day,
7 days a week

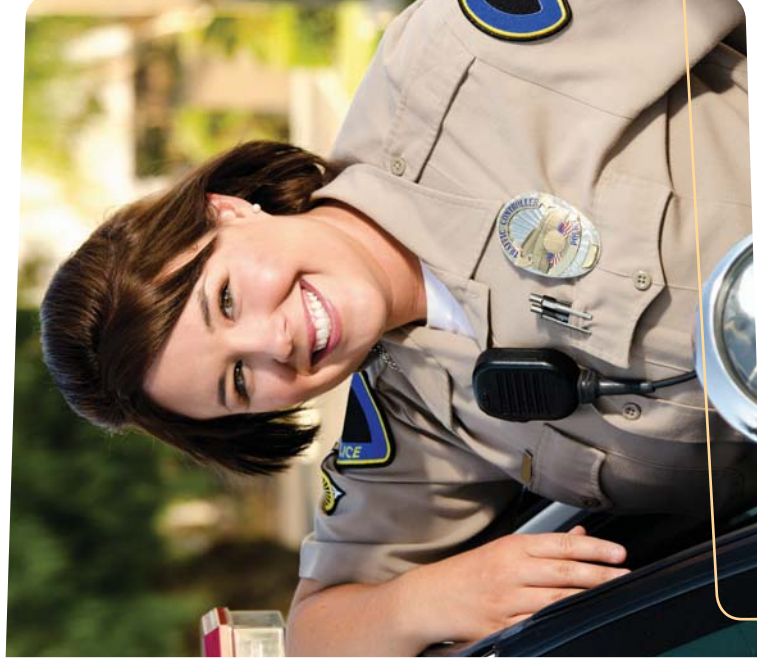


Maine Municipal
Employees Health Trust



Life just got easier

If it's on your mind, there's
a good chance we can help



Maine Municipal
Employees Health Trust

Employee Assistance Program

800-647-9151
antheameap.com

Enter MMEHT to log in.

What is your Employee Assistance Program? We're
the folks you can turn to when you need help
meeting the everyday challenges of life. Call
800-647-9151, or visit antheameap.com and enter
MMEHT to log in. These services are available to
you and your household members at no cost.



Maine Municipal
Employees Health Trust

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): HighChoice® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HAUC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HAUC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, in Virginia Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the PDS policies. Independent licensees of the Blue Cross and Blue Shield Association: ANHEM 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.

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Lean on us – 24/7. We're here to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with your Employee Assistance Program (EAP) staff member. Just call 800-647-9151 or visit antheameap.com. You'll be connected in an instant. We're here every day to help connect you to the support and referral services you need — day or night at no cost.

Put your mind at ease. Need some help getting your hands on legal forms like wills, or tips on buying or selling a home? Looking for information on emotional well-being? New to town and looking for a daycare center? Need pet care? Help for these and many more of life's demands can be found at antheameap.com.



It is easy to reach us. Call the toll-free number and a representative will help you find resources near you with complete confidentiality.* Sometimes it's better to meet face to face with a professional. That's where your EAP counseling comes in. You have up to 3 free counseling visits per issue. Ask us about online visits with LiveHealth Online.

Maybe you just need to ask a quick question about something. Call us. And, if you or a member of your household is in crisis, don't wait; call. We can help with that, too.

Get to know your EAP better at antheameap.com

You'll find articles, checklists, quizzes and other helpful tools online. You can browse resources, attend a webinar or take an online class — right at your own computer. Here are some topics covered:

- Meeting the needs of work and family
- Finding child and elder care
- Giving and receiving feedback
- Handling grief and loss
- Parenting a child with special needs
- Living within a realistic budget
- Addressing addiction and recovery
- Dealing with identity theft
- Managing stress

Your privacy matters. Remember, EAP is here for you 24/7, so you can call from wherever or whenever it is convenient for you. Your privacy is important to us. No one will know you've called EAP unless you give permission in writing.* When you need answers, let EAP give you a helping hand. Just call 800-647-9151 or go to antheameap.com and enter MMEHT.

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



myStrength. Emotional health is a key component of your overall well-being. And, that's why the EAP website offers you myStrength, "the health club for your mind." This online and mobile tool offers unlimited access to evidenced-based tools and resources to promote good emotional health.

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