Your Employee Assistance Program (EAP) is here to help you and your household members meet life’s challenges — big or small. The EAP website houses educational articles, podcasts, online seminars, and other resources to support your work-life balance and emotional health needs. Our offerings include:

**Work-life balance**

- **Money, budgeting, and identity theft protection.** Learn about credit card debt, loan rates, retirement planning, and financial calculators — or access our discount-shopping program for savings of up to 25%.
- **Legal services.** Consult a professional about small claims court, traffic violations, will creation, and other legal matters.
- **Parenting tools and insight.** Research expert advice on adoption, reducing school anxiety in children, promoting college readiness, raising children with special needs, and becoming a blended family.
- **Search for care.** Your EAP can help you find high-quality child, elder, and pet care.
- **Healthy lifestyle tips and resources.** Receive guidance for improving your eating, fitness, and sleeping habits.

**Emotional health and well-being**

- **Stress, anxiety, and depression.** Discover new stress relief techniques and connect with behavioral health information, services, and programs.
- **Addiction and recovery.** Explore guidance and support focused on long-term treatment.
- **Grief and loss.** Access emotional health resources, including a digital library of well-being articles and crisis intervention materials.
- **Emotional Well-being Resources.** Your EAP also includes access to a set of digital tools you can use to help improve your emotional well-being.
- **Extra support.** You can schedule a confidential in-person or virtual meeting with a licensed counselor.

EAP wants to help connect you to the right resources.

Please visit anthemEAP.com and log in by entering MET. There, you can:

- Look at this month’s special features.
- Search by topic.

You can also talk to us directly by calling 800-865-1044.