

Keep your holiday stress at bay



The holidays can be a joyous, happy time, but that doesn't mean they're stress free. Between the many demands and hustle and bustle, it's easy to get overwhelmed.

Learn to keep holiday stress at bay with help from your Employee Assistance Program (EAP). Access tools, resources, and support — all available to you at no extra cost. You'll learn ways to:

- Balance work and family commitments.
- Address the root causes of stress and anxiety.
- Stay healthy during the holidays.

Your EAP is here for you

Lean on these resources when you need help.



Counseling

Talk to a licensed counselor in person or online. You and your household members can each have up to four visits with a counselor per issue, per plan year at no extra cost.*



Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



Emotional Well-being Resources

Access one-on-one coaching and digital self-help tools to help you take charge of your emotional wellness.

Get the help you need, 24/7

Visit
www.anthemead.com/the-local-choice

Call us at **855-223-9277**



* Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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