

Caring for the caregivers



Taking care of a sick or disabled parent, adult child, spouse, or other loved one is a responsibility many take on without thinking twice. And while it can be rewarding to care for someone you love, it can also be physically, emotionally, and mentally demanding. As a caregiver, it's important to make your own well-being a priority so you can prevent unnecessary stress and avoid burnout.

Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support — all available at no extra cost — it can help you:

- Find local support services.
- Learn ways to take care of your overall health and manage your stress.
- Address financial and legal concerns.

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 a set number of 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.

Get the help you need, 24/7

Visit

www.anthemeap.com/the-local-choice

Or call

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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