

Visit us online at [anthemEAP.com](http://anthemEAP.com)

If online is more your style, visit our EAP website for articles, checklists, quizzes, and other helpful tools. You can access resources, webinars, and online classes – right at your fingertips, 24/7.

**Our website covers:**

- Workplace safety
- Child and elder care
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

## Your privacy matters

Your privacy is important to us. No one will know you've called your EAP unless you give them permission in writing.\*

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

# Employee Assistance Program

## Help when you need it



Whatever's troubling you, you don't have to face it alone:

- Call **1-855-223-9277**
- Visit **[anthemEAP.com](http://anthemEAP.com)**
  - Enter **Commonwealth of Virginia**
  - Select **Login and The Local Choice**



## Employee Assistance Program

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

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## Lean on us

Maybe you're a few months behind on bills and want to get back on track. Maybe you're new in town and are looking for a daycare center. Maybe you have a big project at work and are feeling a lot of stress. Whatever your concern, a call to your Employee Assistance Program (EAP) can help.

## What is an EAP?

Your EAP is a service available to you, your covered dependents, and members of your household at no extra cost. It's designed to help you with everyday questions, big or small.

## How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can refer you to a licensed counselor in your area who's a member of our network. If you have financial or legal questions, we can put you in touch with a financial advisor or a lawyer. Your EAP membership gives you up to four free visits for each problem you're having.

## How to log in

- Go to **anthemEAP.com** and select the orange Login button inside the Members box.
- In the textbox, type **Commonwealth of Virginia** with no punctuation. Select **Login**.
- Select **The Local Choice**.
- The EAP website is available for you to browse.

## Help 24/7: Right when you need it

No need to fill out paperwork or make an appointment to speak with an EAP staff member. Just call 1-855-223-9277 or visit **anthemEAP.com**.



Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece en este folleto.

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

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*The*  
**LOCAL**  
**CHOICE** ✓