

How to reach us

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

Employee Assistance Program

800-865-1044

anthemeap.com

Enter **OE Local 139** to log in.

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



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800-865-1044

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Life just got easier

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



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 **800-865-1044**, or visit anthemeap.com and enter **OE Local 139** to log in. These services are available to you and your household members at no cost.



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 800-865-1044 or visit anthemeap.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 anthemeap.com.



It is easy to reach us. Sometimes it's better to meet face to face with a professional. That's where your EAP counseling comes in. You have up to 5 free counseling visits per issue. Call the toll-free number and a representative will help you get started with complete confidentiality.*

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 anthemeap.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 800-865-1044 or go to anthemeap.com and enter OE Local 139.

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



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