![Anthem Blue Cross Blue Shield logo]

MAINE MUNICIPAL
EMPLOYEES HEALTH TRUST

Your Employee Assistance Program can help with life's demands

When you or those in your household face personal or work-related challenges, the **Anthem Employee Assistance Program (EAP)** is available to help you anytime, anywhere.

Counseling with up to three visits for each issue, each year, including in-person or online visits through LiveHealth Online and Talkspace text or video[1]

Legal consultation with a 30-minute phone or in-person meeting, discounted fees to retain a lawyer, and online resources

Financial consultation, including a phone meeting with financial professionals during business hours

ID recovery for help reporting to consumer credit agencies, filling out paperwork, and negotiating with creditors if your ID is stolen

Emotional Well-being Resources, administered by Learn to Live, with digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness — at no added cost

Dependent care for information on childcare, adoption, summer camps, college placement, elder care, and assisted living

Additional anthemEAP.com resources, including well-being articles, podcasts, webinars, and tools for depression, anxiety, relationships, alcohol use, and eating habits

Crisis consultation for around-the-clock support for emergencies

Confidential help 24/7, 365 days a year

To reach your EAP, call **800-647-9151**, scan this QR code with the camera on your mobile device, or visit **anthemEAP.com** and enter **MMEHT** to log in.

Everything you share is confidential.[2]