



# Getting back on top of your life isn't always easy

## EAP = Life solutions

Everyone needs a little extra support from time to time. When you're facing difficulty and aren't sure where to turn, your Employee Assistance Program (EAP) can help. EAP has lots of solutions to your concerns about family, work or finances. You don't have to figure things out on your own. EAP can find you information and services on many of life's challenges — just ask. You'll be surprised at how many resources you can tap into.

Simply call (833) 954-1067 or visit [anthemEAP.com](https://anthemEAP.com) and enter PRISM. Need legal assistance? Have a financial question? Feeling blue? EAP can help you explore your options and connect you with trained professionals.

When you take advantage of EAP resources, there's no cost to you. Plus, any member of your household is eligible to use the service. Contact your EAP to learn more about managing work-life balance, financial planning and budgeting, family issues, stress, legal matters and more. All calls are confidential, and you can reach us 24/7.\*

**With EAP, you never have to go it alone.**

Reach out to Employee Assistance Program (EAP) by calling (833) 954-1067 or visiting [anthemEAP.com](https://anthemEAP.com) and enter PRISM.

\*In accordance with federal and state law, and professional ethical standards.  
Language Access Services - (TTY/TDD: 711)  
Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

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