



EAP is always by your side

Supporting your needs, 24/7

Life can be complicated. Your Anthem Employee Assistance Program (EAP) is here to make it simpler — from helping you locate resources and navigate support to managing family and work life.

EAP offers a wide range of support services and resources you can access online, by phone, or in person — at no cost to you. You can address issues like:

- Balancing your personal life and work
- Grief and loss
- Parenting
- School anxiety in children
- Elder, child, and pet care
- Managing legal and financial matters

Note: Your use of EAP is confidential. No one will know without your written permission.*

Guidance for day-to-day needs

The EAP website provides an extra level of support for everyday problem-solving. You can search for adoption and caregiving resources, find summer camp and college placement tips, or browse our legal library. We want you to have the tools you need to live your best life.

Whatever challenges you may face,
EAP can help you determine your next steps.
Call us at 800-865-1044 or visit
anthemEAP.com and enter Xavier.



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

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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