



## EAP website makes it easy!

### Resources at your fingertips when you need them

Life is busy and every minute matters. EAP gets it, that's why it offers you a convenient online option to save you time. Using the EAP website to look up services lets you manage your own schedule and use the service when it's best for you.

Just go to [anthemeap.com](http://anthemeap.com) and enter **AOC**. Then select **Member Center** and register. At that point, you'll be able to:

- **Find a provider.** With our provider locator tool, you can choose the type of counselor you're looking for and a location. When you make your appointment, you can confirm it on [anthemeap.com](http://anthemeap.com) as well. It's that easy!
- **Sign up confidentially.** EAP respects your privacy. No one else will know you've signed up for services.

[Anthemeap.com](http://Anthemeap.com): **Find help fast.**



### Visit [anthemeap.com](http://anthemeap.com) to:

- Register and sign up for services.
- Find a variety of resources.
- Look up local EAP providers.

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.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

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