



Drug, alcohol or opioid problem? Help is here 24/7.

Not sure what to do? You don't have to figure things out by yourself. That's why we're here. Just reach out. There's no cost to you and it stays confidential.*

Through your Employee Assistance Program (EAP), you or your household members can get:

- Information and resources on where to go for help.
- Legal or financial consultation and family care resources.
- A full library of support materials at anthemeap.com.
- 4 no-cost face-to-face counseling visits.
- Two-way video chat with a LiveHealth Online licensed therapist by appointment.
- Access to myStrength — an online resource to help support emotional well-being.

To reach EAP for help:

Call 800-999-7222 or

go to anthemeap.com and

enter AOC to log in.

Need treatment options for yourself or support for a loved one? Your EAP can help. Lean on us.

Counseling

Your EAP makes it easy to get counseling if you or your household members need it. Simply call 800-999-7222 to get started.

myStrength tools*

You and your household members can use this online tool and mobile app to find support and a drug and alcohol e-learning module to help with substance issues. Go to anthemeap.com and enter **AOC** to log in. Choose **myStrength Center** to register.

*EAP services are confidential. No one will know you've contacted your EAP unless you give your permission in writing.

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