



Anthem's Member Assistance Program (MAP) offers support for you and your families during this challenging time.

As news of COVID-19 continues to evolve, you may find yourself growing increasingly concerned about dependent care, personal finances or even your family's preparedness to whether the storm. If so, rest assured you're not alone. Remember, your Member Assistance Program (MAP) is here to provide you and your household members support during challenging times.

Need support? Reach out to the MAP today!

- [anthemeap.com](http://anthemeap.com) (log in: MEABT)
- Call 855-686-5615

With your MAP you'll have no-cost, confidential access to<sup>1</sup>:

- **Telephonic support.** Available 24/7 at 855-686-5615. Talk to a counselor for in-the-moment support or a work/life specialist who can assist you in identifying resources to meet your individual needs.
- **Counseling visits.** Get a referral for in-office or LiveHealth Online video visits to manage stress, anxiety, and other issues. Call 855-686-5615 for a referral.
- **Child and Eldercare resources.** Speak to a work/life specialist who can conduct a search for local resources for full, part-time and back-up care. Conduct your own search at [anthemeap.com](http://anthemeap.com) (log in: MEABT).
- **Financial consultations.** Meet telephonically with a certified financial professional who can discuss your short and longer term financial concerns.
- **Legal consultations.** Speak to an attorney for a no cost consultation to discuss your legal questions.<sup>2</sup>
- **myStrength.** Join this virtual "health club for your mind" to gain access to tools to help manage stress, anxiety, depression, insomnia and more. To register select the myStrength Center on the MAP website.
- **Website.** At [anthemeap.com](http://anthemeap.com) (log in: MEABT), you'll find tips, tools and resources for COVID-19, a critical event center, and more.

<sup>1</sup> In accordance with federal, state law, and professional ethical standards.

<sup>2</sup> Excludes benefit and employment matters. A per issue per 12 month period benefit.