

Live your best life today

With online support for your emotional health and well-being

Life gets busy. Sometimes it's hard to keep up. That's why you have direct, real-time access to free emotional health and well-being resources.

It's never been easier to tackle life's challenges. Just click here or choose the **eBrochure** link on our intranet site. You'll see information about services, communications, webinars, eLearning programs and other tools to help you with everything from finding child, elder or pet care to:

- Planning a big move.
- Managing stress.
- Getting counseling for grief, addiction and mental health.
- Preparing your taxes and budgeting.
- Setting up wills and trusts.
- Addressing many other everyday issues.

Enjoy more support at your fingertips.
Check out these powerful resources today



Prefer to do your looking at home or chat with someone?

No problem. Visit anthemEAP.com and enter VBA or call 800-346-5484 to learn what EAP can do for you.

Members can also visit the eBrochure on their mobile phone and save a link to the home screen.



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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