



COVID - 19 Resources

The impact of COVID-19 seems to grow every day. It's only natural to feel stress and anxiety related to it. The Anthem Employee Assistance Program (EAP) can help!

The EAP website offers a variety of tools and resources related to COVID-19 including:

- Online seminars with emotional support and practical information
- Regularly updated links to news outlets and health organization websites
- Links to articles and resources to help you stay informed

And of course the EAP can help you manage all the changes that are occurring each day. You can use the website for:

- Articles and tip sheets to help with everyday needs
- Information on child and elder care resources
- Legal and financial information
- And more!

Anthem[®] EAP

**Visit our website for free
confidential* help at
[AnthemEAP.com](https://www.AnthemEAP.com)**

**Click on the Log-in button
and enter: EAP Can Help**