

Your Employee Assistance Program

Support for life's challenges, 24/7



Your Employee Assistance Program (EAP) is here to help you and your household members meet life's challenges — big or small. If you need support, your EAP website has articles, podcasts, online seminars, and other resources that can help you feel more cared for, confident, and protected.

Work-life balance



Money, budgeting, and identity theft protection.

Learn about credit card debt, loan rates, and retirement planning, — or use our discount-shopping program for savings of up to 25%.



Legal services. Talk to a professional about small claims court, traffic violations, making a will, and other legal matters.



Parenting tools and insight. Find expert advice on adoption, school anxiety, college readiness, raising children with special needs, and becoming a blended family.



Search for care. Get help finding high-quality child, elder, and pet care.



Quitting smoking. When you're ready to quit, you'll find articles about handling cravings and nicotine replacement therapy, along with links to tips, techniques, and quizzes that can help boost your chances of success.



Healthy lifestyle tips and resources. Learn ways to improve eating, fitness, and sleep habits.

Mental health and emotional well-being



Stress, anxiety, and depression. Discover stress relief techniques and connect with mental health information, care, and programs.



Addiction and recovery. Explore guidance and support focused on long-term treatment.



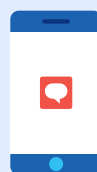
Grief and loss. Find emotional health and well being resources that are right for you as you process your feelings.



Extra support. Schedule a confidential in-person or virtual visit with a licensed counselor.



Emotional Well-being Resources. Learn new ways to handle life's ups and downs, including how to manage stress, anxiety, and depression



Your EAP is here for you

Call us at **844-451-1579**.

Visit **www.anthemEAP.com** and log in with company name: VPCBC.



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem Healthchoice Assurance, Inc., and Anthem Healthchoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compare Health Services Insurance Corporation (Compare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.