Your Employee Assistance Program website

A resource for finding support, 24/7

Your Employee Assistance Program (EAP) is here to help you and your household members meet life's challenges — big or small. The EAP website houses educational articles, podcasts, online seminars, and other resources to support your work-life balance and emotional health needs. Our offerings include:

Work-life balance

Money, budgeting, and identity theft protection. Learn about credit card debt, loan rates, retirement planning, and financial calculators — or access our discount-shopping program for savings of up to 25%.

Legal services. Consult a professional about small claims court, traffic violations, will creation, and other legal matters.

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

Search for care. Your EAP can help you find high-quality child, elder, and pet care.

Healthy lifestyle tips and resources. Receive guidance for improving your eating, fitness, and sleeping habits.

Emotional health and well-being

Stress, anxiety, and depression. Discover new stress relief techniques and connect with behavioral health information, services, and programs.

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

Grief and loss. Access emotional health resources, including a digital library of well-being articles and crisis intervention materials.

Emotional Well-being Resources. Your EAP also includes access to a set of digital tools you can use to help improve your emotional well-being.

Extra support. You can schedule a confidential in-person or virtual meeting with a licensed counselor.

AnthemEAP

EAP wants to help connect you to the right resources.

Please visit anthemEAP.com and log in by entering MUST TRUST. There, you can:

- Look at this month's special features.
- Search by topic.

You can also talk to us directly by calling 800-999-7222.