

How to reach us

Help that goes where you do.
Take us along. Here is a way to
keep us handy.

Member Assistance Program

855-686-5615

anthemeap.com

Enter MEA Benefits Trust to
log in.

Free, confidential help
24 hours a day,
7 days a week



MEA
Benefits Trust

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MEA
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Life just got easier
If it's on your mind, there's
a good chance we can help

Language Access Services (LAVS) (711) 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
Course - 您有权(使用您母语)免费获得此帮助。
請撥打(800) 711-7111 或向服務人員尋求協助。

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color, national origin, age, disability, or sex.

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Indiana; Anthem Insurance Companies, Inc. in Kentucky; Anthem Health Plans, Inc. in Maryland;
Anthem Health Plans of Missouri, Inc. in Missouri; Health Alliance of Pennsylvania, Inc. in Pennsylvania;
FirstChoice Managed Care, Inc. (HMO) Health Alliance of Pennsylvania Company (HMO) and HMO
Missouri, Inc. (HMO) and certain affiliates administered from HMO, Inc. are underwritten by HMO, Inc. and HMO
benefits underwritten by HMO Missouri, Inc. All other certain HMO products underwritten by administrative services
for self-funded plans and do not underwrite plans in Nevada, First Choice National Hospital and Medical
Service, Inc. HMO products underwritten by HMO Colorado, Inc. (HMO) are administered by Anthem Health Plans of New
Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New
Hampshire, Inc. and underwritten by Anthem Health Plans of Virginia, Inc. Community Insurance
Company in Virginia; Anthem Health Plans of Virginia, Inc. (HMO) in Virginia; Anthem Blue Cross and Blue Shield in
West Virginia and its service area is all of West Virginia except for the City of Charleston, the town of Weirton, and the area
east of State Route 123. In Missouri, Blue Cross Blue Shield of Missouri (BCBSMO) underwrites or
administers PPO and indemnity policies and underwrites the total return benefits on PDS policies offered
by Corporate Health Service Insurance Corporation (Company) in Missouri; Colorado is a insurance
Corporation (PSCO). Corporate underwrites or administers HMO or PDS policies. All other plans or
administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield
Association. Anthem is a registered agent of Anthem Insurance Companies, Inc. The Blue Cross and Blue
Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

**What is your Member Assistance Program? We're
the folks you can turn to when you need help
meeting the everyday challenges of life. Call
855-686-5615, or visit anthemeap.com and enter
MEA Benefits Trust to log in. These services are
available to you and your household members at no
cost.**



MEA
Benefits Trust

Lean on us – 24/7. We're here to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with your Member Assistance Program (MAP) staff member. Just call 855-686-5615 or visit anthemeap.com. You'll be connected in an instant. We're here every day to help connect you to the support and referral services you need – day or night at no cost.

Put your mind at ease. Need some help getting your hands on legal forms like wills, or tips on buying or selling a home? Looking for information on emotional well-being? New to town and looking for a daycare center? Need pet care? Help for these and many more of life's demands can be found at anthemeap.com.

It is easy to reach us. Call the toll-free number and a representative will help you find resources near you with complete confidentiality.* Sometimes it's better to meet face to face with a professional. That's where your MAP counseling comes in. You have up to 3 free counseling visits per issue. Ask us about online visits with LiveHealth Online.

Maybe you just need to ask a quick question about something. Call us. And, if you or a member of your household is in crisis, don't wait: call. We can help with that, too.

Get to know your MAP better at anthemeap.com

You'll find articles, checklists, quizzes and other helpful tools online. You can browse resources, attend a webinar or take an online class – right at your own computer. Here are some topics covered:

- Meeting the needs of work and family
- Finding child and elder care
- Giving and receiving feedback
- Handling grief and loss
- Parenting a child with special needs
- Living within a realistic budget
- Addressing addiction and recovery
- Dealing with identity theft
- Managing stress

Your privacy matters. Remember, MAP is here for you 24/7, so you can call from wherever or whenever it is convenient for you. Your privacy is important to us. No one will know you've called MAP unless you give permission in writing.* When you need answers, let MAP give you a helping hand. Just call 855-686-5615 or go to anthemeap.com and enter MEA Benefits Trust.

*In accordance with federal and state law and professional ethical standards



myStrength. Emotional health is a key component of your overall well-being. And, that's why the MAP website offers you myStrength, "the health club for your mind." This online and mobile tool offers unlimited access to evidenced-based tools and resources to promote good emotional health.

This document is for general informational purposes. Check with your employer for specific information about benefits, limitations and exclusions.

