

How to reach us

Help that goes where you do. Keep us handy:



Member Assistance Program (MAP)

855-686-5615



Website

anthemEAP.com

Enter MEA Benefits Trust to log in.



Free, confidential help

24 hours a day, 7 days a week



You can also find us here:

@AnthemEAP on Twitter

The Wellpost Blog@anthemEAP.com



myStrength

Free mobile tools for emotional health and well-being

anthemEAP.com

Enter MEA Benefits Trust



MEA
Benefits Trust

Member Assistance Program

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Your privacy matters. No one will know you've contacted MAP unless you give permission in writing.* Let us give you a helping hand. Just call 855-686-5615 or go to anthemEAP.com and enter MEA Benefits Trust to log in.



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

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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Your schedule, your life

MAP's here when you need us



What's your Member Assistance Program (MAP)?

We're the folks who can help you meet life's challenges. Call 855-686-5615 or visit anthemEAP.com and enter MEA Benefits Trust to log in. Everything you share is confidential and will stay between you and us.*



MEA
Benefits Trust

We're here for your everyday problems and questions, big or small.

Take a deep breath. New to town and looking for child, elder or pet care? We can help with that and ...



Finding work-life balance.



Parenting a child with special needs.



Dealing with addiction and recovery.



Setting retirement goals.



Getting mental health resources and information.



Just about anything else life throws at you.

Talk to us by phone, in-person or online. You can:



Use our toll-free number to speak with a MAP professional.



Meet with a professional face to face.



Have up to 3 free counseling visits per issue.



Ask us about online visits with LiveHealth Online.

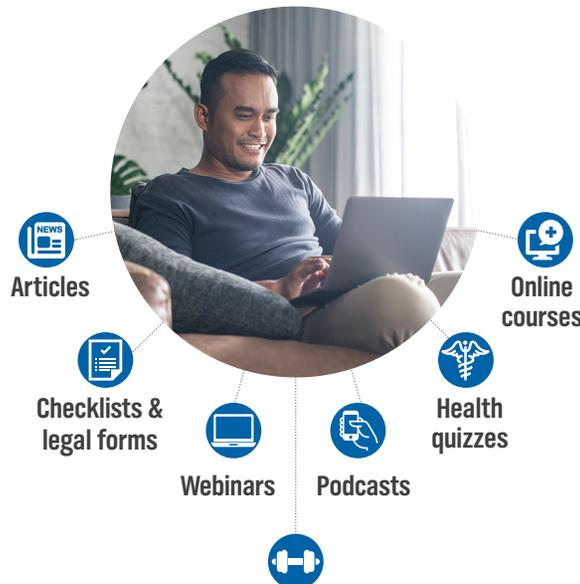
Get to know your MAP better at anthemEAP.com



Mary's Story

When you need someone to hear you, one on one – that's what MAP's about. Take the case of "Mary," who called us during a difficult time:

"When Mary first reached out to MAP she was unsure of the kind of support she would receive. She was struggling with anxiety and was feeling overwhelmed with recent changes in her life. She connected with an MAP professional who listened to her concerns, provided her with online tools and gave her tips for managing her feelings in a healthy way. Mary's experience with MAP was "powerful and helpful" and allowed her "to feel stronger each day because of the resources provided."



myStrength – the health club for your mind™

This free online and mobile tool offers unlimited access to resources for stress, anxiety, depression, substance use and sleep.

Contact us 24/7.

Simply call 855-686-5615 or visit anthemEAP.com to be connected right away – at no cost to you.

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