

Members Assistance Program

Have questions about home, work or family?

Maybe you're a few months behind on bills and want to get back on track. Or you're new to town and looking for a daycare center. Whatever your concern, a call to the Members Assistance Program (MAP) can help you through it.

What is MAP, anyway?

You may have heard about MAP but aren't sure what it is. MAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an MAP staff member. Just call 855-686-5615 or visit anthemEAP.com. You'll be connected in an instant, and we're here 24 hours a day, every day, to help you.

How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange several free visits with a licensed professional. If you have money or legal questions, we can put you in touch with a financial advisor or a lawyer.

If online help is more your style, visit anthemEAP.com. You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

- Workplace safety
- Child and elder care resources
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

Remember, MAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called MAP unless you give them permission in writing.*



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

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Have there been a few bumps in the road?

MAP can help smooth it out. Call 855-686-5615 or go to anthemEAP.com and enter MEA Benefits Trust.