



# COVID - 19 Resources

**The impact of COVID-19 seems to grow every day. It's only natural to feel stress and anxiety related to it. The Anthem Employee Assistance Program (EAP) can help!**

**The EAP website offers a variety of tools and resources related to COVID-19 including:**

- Online seminars with emotional support and practical information
- Regularly updated links to news outlets and health organization websites
- Links to articles and resources to help you stay informed

**And of course the EAP can help you manage all the changes that are occurring each day. You can use the website for:**

- Articles and tip sheets to help with everyday needs
- Information on child and elder care resources
- Legal and financial information
- And more!

**Anthem<sup>®</sup> EAP**

**Visit our website for free confidential\* help at [AnthemEAP.com](https://AnthemEAP.com)**

**Click on the Log-in button and enter: EAP Can Help**