



Creating stronger relationships

Your Employee Assistance Program (EAP) can show you how

Whether it's your family, your coworkers or your significant other, maintaining good relationships takes some work! Your Employee Assistance Program (EAP) can help by showing you how to positively communicate and address conflicts. For example, if money is stressing your relationship, you may want to get help from a financial guide. Or if your relationship is suffering because you don't have enough time in your life, you can tap into referrals for everything from housekeepers to dog walkers. Ask your EAP team of experts for help and learn how to keep healthy relationships.

Log on to our website this month to read these feature articles:

- Building social bonds
- Caring and making connections
- Do social ties affect your health?
- Building a strong relationship: finding time



Visit [anthemEAP.com](https://www.anthemEAP.com) or call 1-800-999-7222 for confidential help – at no extra cost.*

¡Lee los artículos en español! Simplemente visita [anthemEAP.com](https://www.anthemEAP.com) y selecciona español.

*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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