



Take a summer break from burnout

Your Employee Assistance Program (EAP) can show you how

Summer can be an ideal time to take a break, re-energize from the stresses of life, and reconnect with what's important to you. Your Employee Assistance Program (EAP) is here to provide you with guidance and support. We can help you recognize feelings of burnout, show you the steps you can take to avoid it, and provide direction on achieving a better work/life balance.

Log in to the website to learn more about overcoming burnout.

Visit anthemEAP.com or call 1-800-999-7222 for confidential help at no extra cost.*

¡Lee los artículos en español! Simplemente visita anthemEAP.com, ingresa EAP Log in y selecciona español.



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

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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