

How to reach us

You never know when you may need help. That's why we're giving you two ways to keep our number handy:

Employee Assistance Program

800-647-9151
anthemEAP.com
login MMEHT

Free, confidential help
24 hours a day, 7 days a week.



Employee
Assistance
Program

800-647-9151
anthemEAP.com
login MMEHT

Free, confidential help 24 hours a day, 7 days a week.

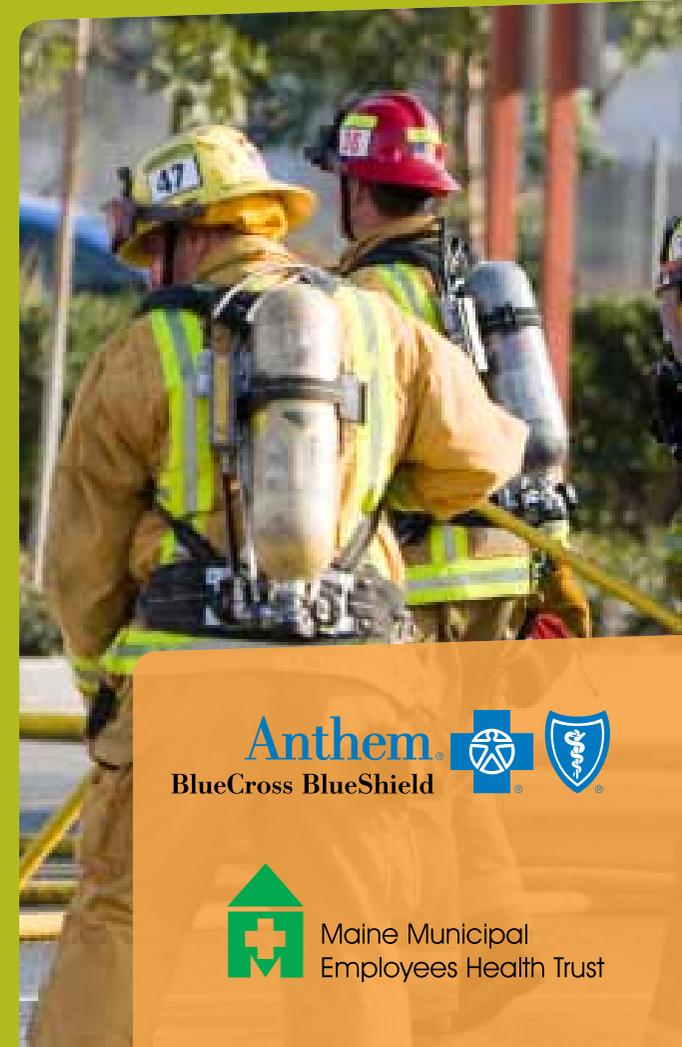
Employee Assistance Program

Here when you need us



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM and 360° Health are registered trademarks of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

26164MEMENABS 1/12



Maine Municipal
Employees Health Trust

Lean on us

Life's not always easy. But when the going gets tough, we're here to help. Your Employee Assistance Program (EAP) is one place you can turn for help from caring, experienced professionals.

Our highly trained staff members can offer information and advice to help you solve a wide range of problems. Everything from relationship and family concerns to anxiety, depression, alcohol and drug abuse, stress, grief, and even financial or legal issues.



Respect for privacy

Naturally, we understand how important privacy is when it comes to subjects like these. Rest assured that your friends, family members and employer cannot find out about your use of EAP services without your written consent.*

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

Always available

Since trouble never takes a holiday, this service is available 24 hours a day, every day of the year. EAP services are provided at no cost to you and everyone who lives in your household. There's no need to sign up. You're automatically enrolled.

After you make the first phone call to us, we can refer you to a licensed counselor in your area who's a member of our network. Your EAP membership entitles you to up to three free visits for each issue you're facing. Then, if you need ongoing assistance, we'll help you connect with a qualified resource near you.

On the Web

If you're not ready to talk about it, you can still get information through our website. There you'll find helpful resources, including self-assessments, ideas on ways to manage sticky situations in both your personal and professional life, and an interactive search tool to locate child and elder care services in your neighborhood.



Learn about us

You'll also find a 10-minute orientation video that gives more detail about how the EAP works, confidentiality and the wide range of services your EAP has to offer.

Contact us

Whatever's troubling you, you don't have to face it alone. Call as often as you need us. Dial our toll-free number, **800-647-9151**, or visit **anthemEAP.com** and login MMEHT.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece en este folleto.

This document is for general informational purposes. Check with MMEHT for specific information about benefits, limitations and exclusions.