

# Get the answers you need now



## Student Assistance Program

800-647-9151

[anthemEAP.com](http://anthemEAP.com)

Enter Program Sample Name



## Free, confidential help

24 hours a day, 7 days a week



## You can also find us here:

@AnthemEAP on Twitter

The Wellpost

[Blog@anthemEAP.com](http://Blog@anthemEAP.com)



## myStrength

Free mobile tools for emotional health and well-being

[anthemEAP.com](http://anthemEAP.com)

Enter Program Sample Name



**Your privacy matters.** Remember, SAP is here for you 24/7, so you can call from wherever or whenever it works for your class schedule. **Your privacy is important to us.** No one will ever know you've called us unless you give permission in writing.<sup>2</sup> When you need answers, let SAP give you a helping hand. Call 800-647-9151 or go to [anthemEAP.com](http://anthemEAP.com) and enter Program Sample Name.



1 American College Health Association National College Health Assessment: *Undergraduate Student Reference Group Executive Summary* (Fall 2017): [acha-ncha.org](http://acha-ncha.org).  
2 In accordance with federal and state law, and professional ethical standards.

Language Access Services - (TTY/TDD: 711)

Spanish - Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese - 您有權使用您的語言免費獲得該資訊和協助。

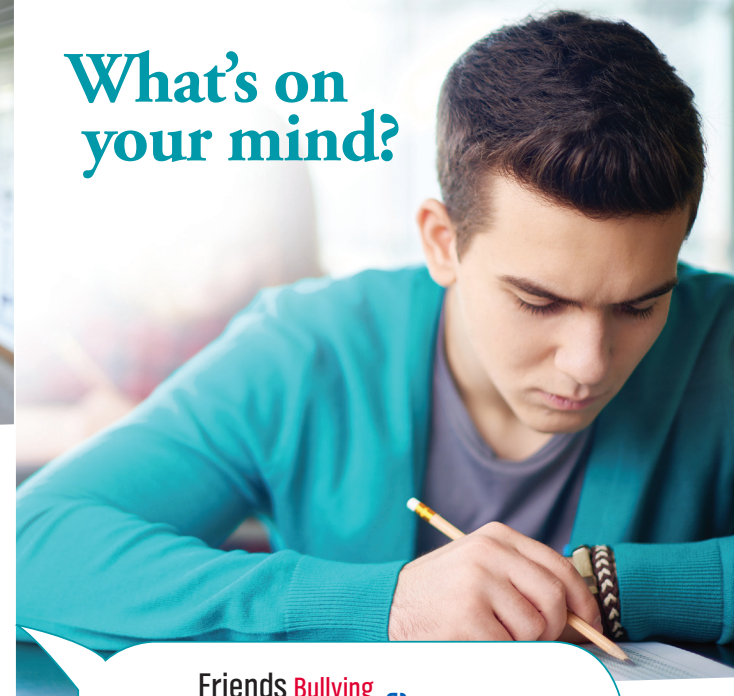
請撥打您的 ID 卡上的成員服務號碼尋求協助。

Anthem complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](http://anthem.com/co/networkaccess). 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.; HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, 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), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.

107111ANMENABS VP00 04/18

# What's on your mind?



Friends **Bullying**  
Money issues? **Fatigue**  
**Stressed?** **Fighting**  
Bills **Relationship troubles?** **addiction?**  
Tests **Healthy eating** **Sleep** **Classes**  
Social pressure **Sadness** **Work** **Finances** **Confused?**

## Talking to someone can help.

Sometimes it all gets to be too much when you're a student. Your SAP can help.

## What is your Student Assistance Program (SAP)?

We're the folks you can turn to for things like relationship issues, stress and addiction that may affect your studies and well-being.



# Questions?

We've got answers.

Did you know that more than half of undergraduate college students reported they had felt overly stressed in the past year?<sup>1</sup> If you're feeling the same way, you're not alone.

The good news is that your SAP offers resources and services that can help you with the things that may be keeping you up at night, including:



**Money, budgeting and ID theft** — with financial calculators on the website to learn about credit card debt, loan rates and financing major purchases. Plus, a savings center with a discount shopping program of up to 25% savings on name-brand and luxury items.



**Stress, anxiety and depression** — can affect your studies and social life. Get connected to the right resources to help you cope.



**Addiction and recovery** — with guidance and support focused on long-term treatment.



**Student/life services** — for help meeting the needs of school, work, friends and family.



**Healthy lifestyles tips and resources** — on healthy eating, safe sexual behavior and better sleep.



**Relocation services** — for more information on moving, renting or buying your first home after college.



**Legal services** — to help with things like small claims court issues, identity theft and traffic violations.



The resources you need, your way  
Pick from these resources online:



This online and mobile tool offers unlimited access to resources for stress, anxiety, depression, substance use and sleep.



**Reach us any time.** We're here day and night to support you. Call the toll-free number. It's completely confidential and a representative will help you find resources near you.<sup>2</sup> Sometimes it's better to meet face to face with a professional. That's where your SAP counseling comes in. You have up to 2 free counseling visits per issue. Ask us about online therapist visits with LiveHealth Online.

**Maybe you just need to ask a quick question about something. Call us.**

**Don't worry. It's free and confidential.**

To get the resources you need 24/7, just call 800-647-9151 or visit [anthemEAP.com](http://anthemEAP.com) and enter Program Sample Name to log in.



Scan the code to add SAP to your contacts.