

# Living your best life just got simpler

## With help only a link away

**Life gets busy.** Sometimes it's hard to keep up. That's why you have direct, real-time access to free emotional health and well-being resources.

**It's never been easier to tackle life's challenges.** Just click here or choose the **eBrochure** link on our intranet site. You'll see information about services, communications, webinars, eLearning programs and other tools to help you with everything from finding child, elder or pet care to:

- Planning a big move.
- Managing stress.
- Getting counseling for grief, addiction and mental health.
- Preparing your taxes and budgeting.
- Setting up wills and trusts.
- Addressing many other everyday issues.

**Enjoy more support at your fingertips.**  
Check out these powerful resources today



## Prefer to do your looking at home or chat with someone?

No problem. Visit [anthemEAP.com](http://anthemEAP.com) and enter Pittsylvania County and Schools or call 800-346-5484 to learn what EAP can do for you.

Members can also visit the eBrochure on their mobile phone and save a link to the home screen.



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