

Employee Assistance Program through the Local Choice

What is an EAP?

The Employee Assistance Program (EAP) is a service available to employees, their covered dependents, and some members of your household at no extra cost!

How they can help

Services are free, confidential and available 24/7!

They include (but are not limited to):

- Four free counseling sessions per plan year
- Work/life services (child and elder care)
- Emotional well-being resources
- Financial and legal consultations
- Articles, webinars, podcasts, and resources and more are available on the website!

How do I log in?

Visit anthemeap.com
Select **EAP Member Login**
Enter **Commonwealth of Virginia**
Select **Login** and **The Local Choice**

Can I log in with my phone?

You can! Scan the QR code below with your phone to access the website! Just use the same log in information!

The EAP is also available via phone call at **1-855-223-9277**.

