

How to access your MAP

Confidential help, always at no cost



Call 855-686-5615.
24 hours a day, 7 days a week



Visit [anthemEAP.com](https://www.anthemEAP.com).
Enter "MEABT" to log in.

Change your mind. Change your life.™

Your MAP includes access to **Emotional Well-being Resources**, administered by Learn to Live. Emotional Well-being Resources offers digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness – at no cost to you. Visit [anthemEAP.com](https://www.anthemEAP.com) and enter "MEABT" to start using this service.



Your privacy matters. You can feel secure reaching out to the MAP for help. Call 855-686-5615 anytime, day or night. No one will know you've contacted us unless you give permission in writing.*

To review all the resources available to you and the members of your household, visit [anthemEAP.com](https://www.anthemEAP.com) (enter "MEABT" to log in).

Anthem

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MEA
Benefits Trust

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

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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

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.

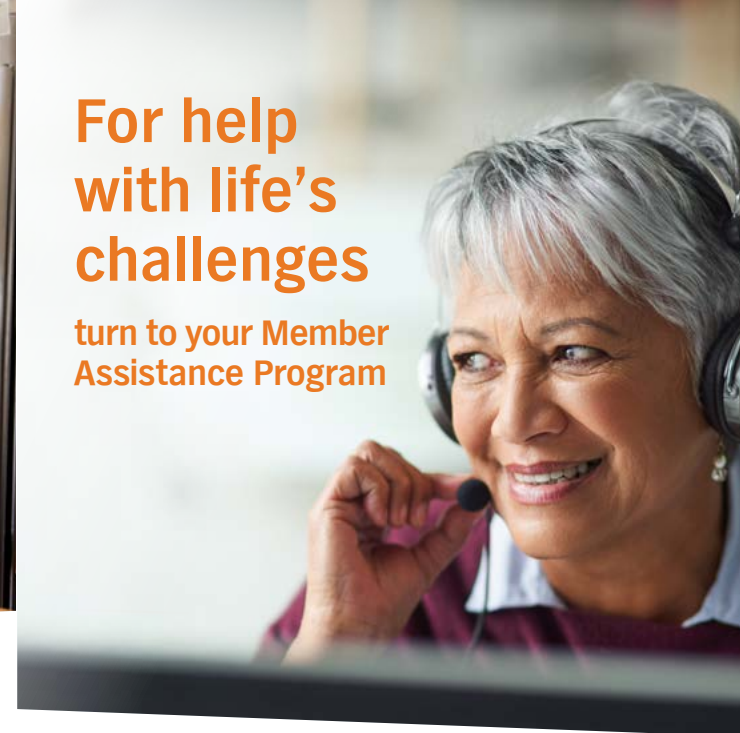
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For help with life's challenges

turn to your **Member
Assistance Program**



Your Anthem Member Assistance Program (MAP) is here for you and those

in your household at no cost. We can help with everyday issues like parenting or work-life balance, as well as mental health or addiction. Everything you share is confidential and stays between you and your MAP.*

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You are not alone

Your MAP is staffed with professionals who are trained to help you with everyday issues and questions, big or small, such as:

- ✓ Learning about COVID-19.
- ✓ Finding child, elder, or pet care.
- ✓ Balancing work and home life.
- ✓ Preparing a budget.
- ✓ Parenting a child with special needs.
- ✓ Dealing with addiction and recovery.
- ✓ Thriving in relationships.
- ✓ Maintaining a healthy lifestyle.
- ✓ Setting retirement goals.
- ✓ Receiving mental health resources and information.

MAP is for all school employees, including those who do not have an Anthem health plan. Anyone living in the household of school staff is also eligible to use the MAP services. MEABT members have access to three counseling visits for each issue, at no cost.

Member Assistance Program

Confidential help, 24 hours a day,
7 days a week – always at no cost

855-686-5615

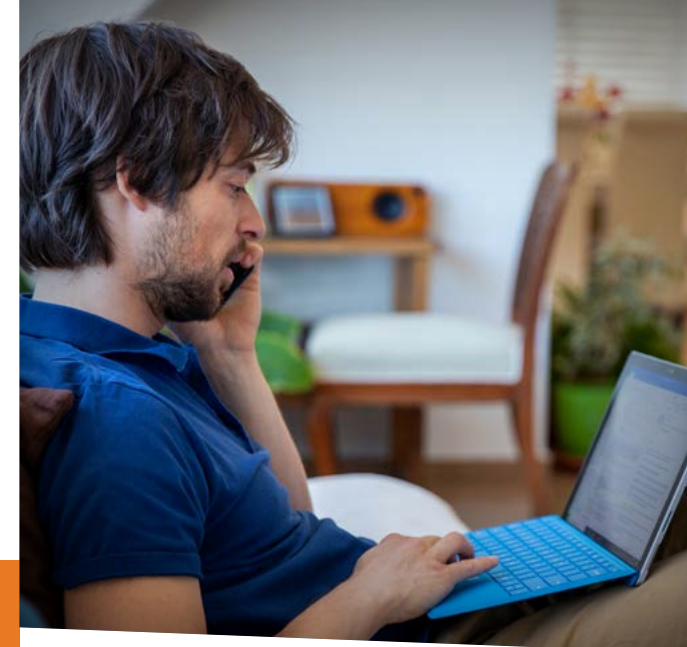
[anthemEAP.com](https://www.anthemEAP.com) (Enter “MEABT” to log in.)

Discover all your MAP has to offer at [anthemEAP.com](https://www.anthemEAP.com)

When you enter “MEABT” to log in, you will find resources on a variety of topics, including depression, quitting tobacco, aging, mind-body strength, and domestic violence, as well as discounts on everyday items. A popular service of the MAP is counseling sessions at no cost, in-person or online, but there’s more available to you:

Your MAP website

Get to know your MAP better at [anthemEAP.com](https://www.anthemEAP.com)



Mark's story

You can call your MAP as often as you need help. The professionals will guide you to the resources and services for your current situation. **The assistance you receive is personal and one to one.**

Take Mark* for example:

Mark contacted us for financial help when he could not keep his home and was struggling to find a new place to live. He was feeling significant stress and anxiety about the future. The MAP representative who spoke to Mark explained the services available to him, including counseling, financial consultation, and help searching for a new house. They also referred Mark to local counselors who specialized in his areas of need and directed him to emotional health resources on the MAP website.

*Mark is not his actual name. It was changed to protect his privacy and identity.