

## Your MAP is here to help

Your Anthem Member Assistance Program (MAP) is here for all school employees, retirees and household members at no added cost. We can help with everyday issues such as:

- Parenting
- Work-life balance
- Mental health
- Addiction

Everything you share is confidential and stays between you and your MAP.<sup>1</sup>



## How to access your MAP

You have three ways to connect with confidential help at no added cost:



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



Visit **anthemEAP.com** and enter **MEABT** to log in.



Scan the QR code with the camera on your mobile device.



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 — all at no cost to you.



<sup>1</sup> In accordance with federal and state law, and professional ethical standards.  
<sup>2</sup> Appointments are subject to the availability of a therapist. Online counseling is not appropriate for all kinds of issues. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call, text, or chat 988 (the 988 Suicide & Crisis Lifeline) for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.  
<sup>3</sup> Mary is not their actual name. It was changed to respect and protect privacy and identity.

Online prescribing only when appropriate based on physician judgment. Appointments are subject to the availability of a therapist. Psychiatrists using LiveHealth Online do not offer counseling or talk therapy. They provide medication management support for noncontrolled substances through an initial evaluation followed by ongoing follow-ups for medication review. 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.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Maine, Inc. Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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# Your Member Assistance Program can help with life's demands



## You are not alone

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

- Finding child, elder, or pet care.
- Balancing work and home life.
- Parenting a child with special needs.
- Dealing with addiction and recovery.
- Thriving in relationships.
- Receiving mental health resources and information.

MAP is for all school employees, retirees, and household members, even if you or they don't have an Anthem health plan. MEA Benefits Trust (MEABT) members have access to three counseling visits for each issue, at no added cost.

## Discover all your MAP has to offer

When you go to [anthemEAP.com](#) and enter **MEABT** to log in, you will find resources on a variety of topics, including emotional well-being resources, quitting tobacco, aging, mind-body strength, and domestic violence, as well as discounts on everyday items. It also includes online courses, podcasts, and webinars.

## Consult with a lawyer

The first half-hour consultation with our experienced attorneys is free and can be conducted over the phone or in person. You can:

- Receive a discount on fees for cases requiring additional support.
- Access our large library of online legal resources and forms.
- Use our free software to create a customized estate plan, including a will, shared or individual living trust, or healthcare directives.

## Improve your finances

This free service puts you in touch with counselors, educators and financial planners who can help you strengthen your financial standing. Reach out to:

- Ask about bankruptcy, budgeting, controlling debt, estate planning, and mortgages.
- Set long-term goals to build your savings.
- Explore our online resources, including articles, financial calculators, and budgeting tools.

## Schedule a mental health visit through LiveHealth Online

You can also see a psychologist, or therapist with LiveHealth Online. Appointments are available seven days a week, including evenings. In most cases, you can make an appointment with a psychologist or therapist within four days or less. Call the MAP at **855-686-5615** for a coupon code for your first three visits at no cost. You must be at least 10 years old to see a therapist online.

## Connect with mental health support through Talkspace

Talk to licensed therapists by video, chat, or phone. Find specialists for a wide range of issues, such as anxiety, parenting, and substance use. Access weekly mental health news and tips. To start therapy, visit [talkspace.com/associatecare](#) and complete a short series of questions, then enter **EAP MEABT** in the *Organization Name* field.

## Sign up for IDnotify

Your MAP can help keep you and your loved ones safe from identity theft with ID recovery and monitoring services provided by Experian's IDnotify. Each of these services is included with your MAP benefits:

- Internet surveillance
- Lost wallet protection
- Identity restoration services

To sign up for IDnotify, log in to [anthemEAP.com](#) and enter **MEABT** in the *Company Name* field.



## Mary's story

When you need someone to hear you, one on one — that's when MAP can help. For example, Mary<sup>3</sup> called us during a difficult time.

When Mary first reached out to MAP, she was struggling with anxiety and feeling overwhelmed by some recent life changes. The MAP professional she spoke with listened to her concerns and offered her online tools and tips for managing her feelings in a healthy way. Mary described her experience with MAP as “powerful and helpful.” She said she felt “stronger each day because of the resources provided.”

\*Mary is not their actual name. It was changed to respect and protect privacy and identity.



## Reach out to 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.<sup>1</sup> To review all the resources available to you and the members of your household, visit [anthemEAP.com](#) and enter **MEABT** to log in.