



# A happier you can lead to a healthier you

## Let your Employee Assistance Program (EAP) show you how to make it happen

Some say that putting yourself at the top of your to-do list every day is the first step to make everything else fall into place. And we totally agree! Taking care of your needs is not being selfish. Keeping a healthy mind and body can give you the strength you need to help others when they're in need. When was the last time you took the time to do something you loved or be with people who make you feel happy? There are steps you can take to make sure you're doing everything you can to find happiness in your day. Your Employee Assistance Program (EAP) is here to help you figure out how to take the first step.

Log on to our website this month to read these feature articles:

- Making time for yourself
- Learning to relax
- Boost your self-esteem and self-confidence
- Connect with yourself



Visit our website or call for free, confidential help from our team of EAP experts.\*

[anthem.com/eap/verizon](https://anthem.com/eap/verizon)  
1-888-441-8674

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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