



Fun on any budget

Now is the time that people start dreaming up summer plans. Need help coming up with budget-friendly ideas for your next adventure? Whether you are planning to travel far and wide or stick close to home, your Employee Assistance Program (EAP) wants to help you discover fun options that are affordable. Log on and you'll find resources on:

- Family-friendly vacation planning
- Getting the most from your "staycation"
- Planning budget-conscious activities

Even if your travels take you to a different time zone, you can always reach your EAP. We're here 24/7 to support you in the quest to make the most of life. Visit our website for information, tips and resources. Or call for free, confidential* assistance from our team of EAP experts.

800-865-1044

anthemEAP.com



*In accordance with federal and state law, and professional ethical standards.
This document is for general informational purposes. Check with your employer for specific information on the EAP services available to you.

Administered by Health Management Corporation, a separate company.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado and Nevada: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia (excluding the City of Fairfax, the Town of Vienna and the area east of State Route 123): Anthem Health Plans of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin ("BCBSWI"), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation ("CompCare"), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM and 360° Health are registered trademarks of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.