



Smart Gift Giving

It's the holiday season, but it may not be the most wonderful time of the year for you as a consumer. Holiday shopping can be overwhelming at times as you try to find the right gifts for your friends and loved ones – without going broke!

Your employee assistance program (EAP) understands that gift giving can be challenging. Visit our website for information, tips and resources to help you remain stress free and make informed consumer choices.



800-999-7222
AnthemEAP.com
Program Name = S/SC

This information is for general informational purposes only and all services may not be available with your EAP plan. Check with your employer for specific information on the EAP services available to you.