

Take good care of yourself... you belong to you

When was the last time you gave some thought to taking care of yourself for a change?

If it's been too long, why not let your Employee Assistance Program (EAP) help you breathe some new life into your old routine? Even if you've never made your needs a priority, it's not too late to start.

This month, your EAP website features tips to help you locate gyms, spas, fitness equipment, and online health and wellness sources you can trust.

Once you've enjoyed a little "me" time, you'll have more to give to those special people in your life. Do it for them. Do it for yourself. Just be sure to get it done.

Life can be complicated. EAP can help you prepare for it. To find more ways to take care of yourself and handle other issues that affect your daily life, visit our website.

800-999-7222

AnthemEAP.com

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

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