



Staying connected during the holidays

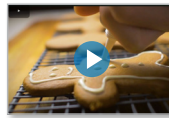
Anthem's support team and resources can help you find connection, comfort, and care

As we approach the most celebrated time of the year, there may be people who feel a greater sense of disconnect and weariness as the COVID-19 pandemic continues and disrupts our favorite holiday traditions. While our rituals may look different this year, we'll have the unique opportunity to redefine what family, friends, and festivities mean to us. The following resources provide ways for you to connect, recharge, and reach out when you need help.



Anthem's COVID-19 Resource Center

Our resource center includes information, guidance, and resources that support your whole health and well-being. Find details about your COVID-19 medical benefits, connect with local organizations offering assistance for the holidays, and read articles that will help you stay healthy and informed.



Care for your whole self (video)

Watch this video for ways to support your social, emotional, and physical needs through the holidays and beyond.



Creative ways to connect (article)

It's important for our physical and emotional health to connect with our communities and those we love. Discover fresh ideas for safely celebrating the holidays this year.

Even during ordinary years, it's common to feel stressed, anxious, or depressed over the holidays. Circumstances this year may intensify those feelings, but help is available. Care for yourself and your family by taking advantage of the support and resources we have to offer.



Employee Assistance Program (EAP)

Our EAP has information on a range of mental health and wellness topics, as well as tools to help you find assistance for challenges such as financial issues, home repairs, or child care. You may also have access to confidential counseling sessions to discuss how you are feeling and what you are experiencing.