

## Mental health support at no extra cost

Learn about the care options available with your EAP

If you or a loved one need support for coping with life, reducing stress, or living with a mental health issue, you are not alone. Your Employee Assistance Program (EAP) offers work and life support at no extra cost. Each member of your household can have 10 visits with an EAP counselor per issue, per year. Asking for help can be the hardest part. The information below details the resources available to you, including how to reach out when you're ready.



	Face to Face Counseling	Emotional Well-being Resources	Talkspace	LiveHealth Online
<b>What is it?</b>	Confidential in-person sessions with a licensed professional counselor.	Resources and support to help you live your happiest, healthiest life, including self-help digital tools to help improve your emotional well-being.	Personalized match with a therapist. 24/7 access to confidential messaging with therapist via text, audio, or video and the ability to schedule a virtual visit in real time.	24/7 confidential counseling through scheduled visits over live text message, telephone, or video.
<b>When do I use it?</b>	When you need help managing: <ul style="list-style-type: none"> <li>• Depression</li> <li>• Stress</li> <li>• Anxiety</li> <li>• Chronic pain</li> <li>• Drug and alcohol use</li> <li>• Emotional health issues</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Sleep issues</li> <li>• Panic</li> <li>• Social anxiety</li> <li>• Stress</li> <li>• Drug and alcohol use</li> <li>• Worry</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Depression</li> <li>• Grief</li> <li>• Relationships</li> <li>• Sleep</li> <li>• Stress</li> <li>• Drug and alcohol use</li> <li>• Trauma</li> </ul>	When you need help managing: <ul style="list-style-type: none"> <li>• Anxiety</li> <li>• Stress</li> <li>• Depression</li> <li>• Grief</li> <li>• Relationships/family issues</li> <li>• Panic attacks</li> <li>• Coping with illness</li> </ul>
<b>What does it cost?</b>	No extra cost.	No extra cost.	No extra cost. Includes 10 sessions per issue, per year, as part of your EAP counseling	No extra cost. Includes 10 sessions per issue, per year, as part of your EAP counseling visits.
<b>How do I connect?</b>	Call your EAP 24/7 at <b>800-865-1044</b> .	Visit <b>anthemEAP.com</b> .	Visit <b>talkspace.com/associatecare</b> and select Get Started. Provide the requested information and enter <b>Marathon Petroleum</b> as your organization name.	Visit <b>anthem.com</b> or <b>anthemEAP.com</b> to find virtual care options that are right for you.

### Take care of yourself

Your mental and emotional well-being matter just as much as anything else on your to-do list. Don't hesitate to reach out to any of the resources above when you need support. You can also call your EAP at **800-865-1044** or visit **anthemEAP.com** and enter company code: Marathon Petroleum.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem EAP.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Talkspace does not offer emergency services.

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