



Your Employee Assistance Program got an upgrade

Getting support for whatever life brings your way just got easier. As a **Marathon Petroleum** employee, you now have access to an enhanced Employee Assistance Program (EAP) and a refreshed website to help you better tackle life's demands. As always, your EAP is private, confidential, and included as part of your benefits at no extra cost.¹

A team of experts is available anytime to answer your questions and will search for resources for you. Starting January 1, 2024, a team of EAP specialists will be available to provide you with even faster and more comprehensive one-on-one support.

New features through the improved website at www.anthemeap.com/marathon-petroleum include:

Assisted search: A team of EAP specialists will do the work for you and find care that meets your needs.

24/7 Chat: Chat live with an EAP specialist anytime.

Enhanced Provider Finder: Search for an EAP counselor that best fit your needs on our new provider finder.

Connect to EAP resources 24/7

For questions or issues, big or small, we're here to support you, 24/7. Contact your EAP by calling **800-865-1044** or visiting your new, improved website at www.anthemeap.com/marathon-petroleum.

Support and advice for every step of the way

Don't hesitate to lean on your EAP when you need a little extra support.



Counseling – Connect with a mental health professional for a variety of matters, including in moments of crisis. In-person and virtual options are available, including through Talkspace and LiveHealth Online.²



Work-life resources – Find resources for career, parenting, healthy communication, and balancing work and family.



Financial planning – Talk with a professional and find resources that can help you take charge of your finances.



Self assessments – Take self-assessments to get personalized recommendations on the best resources for your needs.



Legal Resource Center – Access online resources and legal help in person or by phone for each issue, each year, at no added cost.³ Receive ongoing services at a discounted rate.



Emotional well-being resources – Get connected to online modules, connection to master's level coaches and supportive resources like articles and podcasts to help cope with things like depression, anxiety, sleep disturbance and much more.

¹ In accordance with federal and state law, and professional ethical standards.

² Appointments are subject to the availability of a therapist. Online counseling is not appropriate for all kinds of issues. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call the National Suicide Prevention Lifeline 24/7 at 988, or dial 911 for help. If your issue is an emergency call 911 or go to your nearest emergency room.->

³ Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly. If you have Anthem health coverage, your cost for a visit may be similar to what you would pay for an office therapy visit, depending on your benefits, copay, or percentage of the cost. If you're not covered by an Anthem plan, you'll be responsible for paying the full cost for a visit.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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

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