

## WORK-LIFE RESOURCE AND REFERRAL

### *Balancing daily demands*



TOLL-FREE:  
888-441-8674

WEBSITE:  
[www.anthem.com/eap/verizon](http://www.anthem.com/eap/verizon)

*Helping you find balance—  
no matter how much is on your plate*

Because your to-do list is long enough already, you deserve to benefit from the convenience of having professional daily living consultants provide research assistance, resources, and referrals for matters related to these and other topics:

- Consumer issues
- Emergency services
- Home maintenance and repair
- Pet care
- Travel and recreation
- Dining and entertainment
- Relocation
- Community volunteering



ALWAYS AVAILABLE. ALWAYS CONFIDENTIAL.