Setting goals – and reaching them

Your Employee Assistance Program (EAP) can help you chart a course for success

Losing weight is the most popular of all New Year’s resolutions. But when people say they want to lose weight, they usually mean they want to feel better about themselves, be healthier or feel more confident. These things aren’t measured by the scale alone. This year, resolve to make health and wellness a goal. Your Employee Assistance Program (EAP) can help you with information and resources on nutrition, active lifestyles, stress reduction and even weight loss.

Log on to our website this month to read these feature articles. They’re under the Monthly Promotion tab in the Centers section:

- Aim for a healthy weight
- How to avoid portion size pitfalls
- Getting started and staying active
- Healthy weight basics: getting started

Visit our website or call for free, confidential help from our team of EAP experts.*

800-346-5484
anthemEAP.com

* In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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