Ready to quit a bad habit?

Your Employee Assistance Program (EAP) can help you make the change.

Letting go of an unhealthy habit isn’t easy. Once you start to associate behaviors like smoking with relaxing, or having ice cream while watching TV, they become part of your daily routine. Your first step is to make a decision to change that routine and replace unhealthful habits with healthier ones. Your Employee Assistance Program (EAP) can provide you with information and resources to help you quit that bad habit for good.

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

- Putting a stop to smoky thinking
- Deciding to quit drinking
- Gambling addiction: It’s not whether you win or lose, but how you play the game
- Drug addiction treatment takes time

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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