Are you still connecting with your partner?

Your Employee Assistance Program (EAP) can help you strengthen your relationships

February is the month we celebrate love. And couples with lasting relationships know it’s about more than boxes of candy or a bouquet of flowers. Sure, regular date nights are helpful, but prioritizing your partner, sharing new adventures with each other, and showing affection are also important to keep that spark alive. Your Employee Assistance Program (EAP) can help you find ways to keep connected.

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

- Connecting with your partner
- Building a strong marriage: finding time
- Closeness in a couple relationship
- Reviving your relationship

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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