



New! Emotional Well-being Resources
offer help when you need it

Available on January 1, 2022

Your emotional health is an important part of your overall health. Your Member Assistance Program (MAP) offered by MEA Benefits Trust, in cooperation with Anthem, are pleased to introduce the launch of new Emotional Well-being Resources, administered by Learn to Live. The new service will offer support to help you and your household to help you live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy, our digital tools will be available anywhere, anytime starting January 1, 2022. They can help you identify thoughts and behavior patterns that affect your emotional well-being—and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Emotional Well-being Resources provide a wealth of tools at your fingertips:



Personalized, one-on-one coaching available by email, text, or phone



Build a support team to stay motivated while you work through your program



Practice mindfulness on the go with weekly text messages



Live and on-demand webinars filled with useful tips from experts

Watch this brief video to learn more:



To access Emotional Well-being Resources beginning January 1, 2022 and take a quick assessment to find the program that's right for you: Go to anthemEAP.com and enter MEABT to log in.

Emotional Well-being Resources will replace myStrength and you will no longer be able to access your account if you created one. Any information you provided to myStrength will be permanently removed.

Got questions? Call 855-686-5615.