



New year, new direction

Your Employee Assistance Program (EAP) can help you reach your personal goals

The new year is a great time to set goals. To make sure you reach them, why not try a personal development plan? This type of plan can help you focus on where you are in your personal life and career, where you want to be and how you'll get there. Your Employee Assistance Program (EAP) has tools, example plans, resources and information to help you set — and reach — your goals.

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

- Jump start your exercise goals
- Getting organized
- 10 tips on becoming a volunteer
- Start a green team



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

855-223-9277

Website: anthemEAP.com

Login: Commonwealth of Virginia

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

This document is for general informational purposes. Check with your employer for specific information on the EAP services available to you.

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