



Plan ahead

Your Employee Assistance Program (EAP) can help you get ready for whatever Mother Nature sends your way

Being prepared can help you make it through a natural disaster safely. If you live in a place where hurricanes, earthquakes or wildfires are common, you might already have a plan for where to go and what to bring if you need to leave home quickly. But no matter where you live, a disaster plan is a good idea. If flooding, power outages or other events force you to leave your home, having a plan in place can make it easier for you and your family. Your Employee Assistance Program (EAP) has tools and information to help you. Log in to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Disaster planning basics: Why prepare?
- Are you ready? Assemble a disaster supplies kit
- Five things you can do now to prepare for hurricane season
- Preparing your household records

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.

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