



Unplug and unwind

Turning off electronics can give your mind a rest

Your Employee Assistance Program (EAP) can help you learn to disconnect and relieve stress

Technology can be a great way to stay connected to friends, family and co-workers. But some studies have shown too much time online can lead to anxiety and sleep problems. Being connected all the time also can make it harder to keep in touch with people outside the virtual world. By giving yourself a rest from technology, you may be able to lower your stress level and feel better. Your Employee Assistance Program (EAP) can provide you with information and resources to help you unplug and recharge. Log on to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- More face time, less screen time
- Learning to disconnect
- Nomophobia (fear of being without your phone)
- Techniques to relieve anxiety and stress

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 services available to you.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), which underwrites or administers the PPO and indemnity policies; CompCare Health Services Insurance Corporation (CompCare), which underwrites or administers the HMO policies; and CompCare and BCBSWI collectively, which underwrite or administer the POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ® ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.