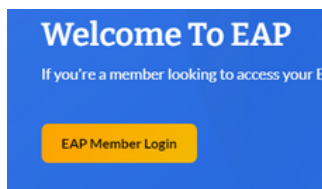# MENTAL HEALTH SERVICES
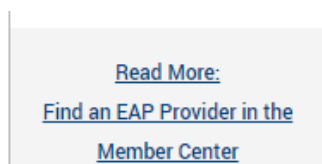
REPMO WELLNESS

📞 **800-865-1044**

🌐 www.anthemEAP.com

HOW TO ACCESS EAP MENTAL HEALTH SERVICES

1. Visit anthemEAP.com and click on "EAP Member Login" located near the top left.

Welcome To EAP
If you're a member looking to access your E...

EAP Member Login

2. Type "MET" in the "Company Name" box then "Login".

Company Name [   ] [Login]

3. Scroll down and click on "Find an EAP Provider in the Member Center". You will be taken to the Member Login page.

Read More:
Find an EAP Provider in the
Member Center

4. Click on "Register for Anthem EAP Services" for each household member accessing services. Follow the prompts and complete the online registration process. Take note of your unique EAP Reference # you will use when making an appointment with a provider or contacting EAP by phone.

Register for Anthem EAP Services

5. Call 800-865-1044 to complete the approval process. You will be asked a few questions and approved for your no-cost sessions.

6. Follow steps 1-3 to login to your EAP account. Once logged in, click on "EAP Provider Search" for a list of approved providers.

🔍 EAP Provider Search

7. Begin looking for a provider that meets your needs. Contact the provider of your choice and schedule your appointment.

📝 TAKE NOTE

- Accessing EAP services is confidential.
- A provider waitlist is normal to be a month or longer. Get on the waitlist!
- Keep track of the number of sessions you have been approved for and used. You can call the EAP to request more sessions as needed.
- Provide your EAP Reference # at your first session.
- EAP services are available to ALL employees and your household members regardless of insurance coverage at no cost.