

# Worried and anxious?

If life's stress and worries  
are getting you down, stop  
chewing that pencil and  
contact your Caregiver  
Assistance Program.



Get started at: [www.anthemapeap.com](http://www.anthemapeap.com)

(company code *SJH*)

**Phone:** 800-999-7222

choose  
well

St. Joseph Health 

# Feeling lost?

If you're feeling like no one understands you, search for answers in the right places. Get in touch with your Caregiver Assistance Program.



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# All jumbled up?

If busy workdays are creating a tangled ball in your stomach, start undoing that knot. Get in touch with your Caregiver Assistance Program



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# Relationship tensions?

If tensions at home or work are running high, take a time-out. Get in touch with your Caregiver Assistance Program.



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