



Do you hear me?

Keeping the lines of communication open

Good communication is the basis of healthy relationships at home and at work. Whether talking to your teen or asking your boss for a raise, communication is key. Let us help you improve the way you interact with others. Learn how to express your ideas better and respond better. Check out our articles, training modules, self-assessments and more.

Visit your Employee Assistance Program (EAP) website to read about these topics:

- C.O.N.N.E.C.T.
- Conflict resolution in a relationship
- Listening to clarify, probe and reframe
- Practicing listening skills

Your EAP is available whenever you are. We can help you with all of life's issues, big and small.

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

888-441-8674

www.anthem.com/eap/verizon

* In accordance with federal and state law, and professional ethical standards.
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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