

# Helping you find balance... no matter how much is on your plate

EAP is here to help you keep stress in check. Whether you're trying to find someone to walk Fido while you are at work or need help finding a groomer, EAP's convenience service has the resources you need to manage your pet care needs.

Call the EAP and speak to one of our specialists who can help you find the pet care resources that you need. The EAP can connect you to resources in your area such as:

- ***Veterinarians***
- ***Pet sitters***
- ***Dog walkers***
- ***Pet daycare***
- ***Groomers***
- ***Boarding Facilities***
- ***Obedience Classes***
- ***Pet Insurances***
- ***So much more....***



**EAP toll-free number:**

**888-441-8674**

**Or visit our website at:**

**[www.anthem.com/eap/verizon](http://www.anthem.com/eap/verizon)**

Don't have time to call us? Go to the EAP website. It offers a variety of tools and information including:

- ***Pet sitter provider Finder***
- ***Pet Care handbook***
- ***Tip sheets***
- ***Legal forms***



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