

Trains, planes and automobiles

No matter where your travels take you (or how you get there), a little planning can help prevent a whole boatload of stress.

When flying, for example, you can ease into that relaxed vacation mindset hours earlier if you're able to navigate the check-in, security and boarding process calmly.

July's feature is designed to help you have a tranquil trip with ideas on:

- Traveling with children and people with special needs
- Packing efficiently
- Pets and travel

Your Employee Assistance Program (EAP) wants to help you and your family members enjoy smooth sailing throughout life. That's why you'll find helpful information, tips and resources on many aspects of daily life on our website.

800-999-7222
anthemEAP.com



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