



Need help  
**finding quality**  
child care?

Your Employee Assistance Program (EAP) can help.

When it comes to finding quality child care, knowing what to look for is the first step. Your Employee Assistance Program (EAP) has helpful information on the types of care available, including centers, home-based day care, nannies, au pairs and more. We also have searchable child care databases and checklists to help you compare and choose. Log in to our website this month to read these featured articles. They're under the **Monthly Promotion** tab in the **Centers** section:

- Can my child stay at home alone: A guide for parents
- Licensing, certification and accreditation in child care
- All in the family: When relatives provide care
- Evaluating providers

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

855-223-9277  
Website: [anthemEAP.com](http://anthemEAP.com)  
Login: Commonwealth of Virginia

\*In accordance with federal and state law, and professional ethical standards, all information you provide is confidential.

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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