



# HERO can help turn problems into solutions. Available 24/7.



Saying that life is hectic is an understatement. When you toss in everyday challenges that we all face from time to time, be it work, home or something very personal, it's not always easy to handle everything on your own. In fact, sometimes it makes sense to reach out for help. And since many people just don't have the time, HII offers a wonderful resource to help with all kinds of things — from simple to serious.

### First stop — HERO website — your 24/7 resource

Just go to [www.hiihero.com](http://www.hiihero.com) (code "Huntington Ingalls") for articles, educational materials, tips, tools and more. You can search for information on a variety of topics including:

- Balancing your personal life and work
- Grief and loss support
- Becoming a new parent
- Men's and women's health for all ages
- Moving or buying a home; working and living abroad
- Elder care, child care and adoption
- Pet services such as sitters, boarding and day care
- Access to legal and financial resources
- Tips to live life to the fullest from our WellPost blog
- Monthly seminars on living healthier

There's no need to sign up — you and your household members are automatically enrolled.

We understand how important privacy is when it comes to certain subjects. So rest assured that your friends, family and employer can't find out about your use of HERO services, unless you give your written permission.\*

### Sometimes talking to someone one-to-one makes all the difference

You can speak with a work and life specialist by calling 855-400-9185 day or night. Your specialist will listen to your needs, research solutions and provide tailored resources in a helpful packet of information. If you prefer chatting live online go to [anthemeap.com](http://anthemeap.com) to use LiveCONNECT instant messaging to speak with a member of our team.

**Life can be complicated. Getting help can be simple. HERO is your solution.**

**For more information on HERO services, call 855-400-9185 or go to [www.HIIHero.com](http://www.HIIHero.com) and enter code Huntington Ingalls.**



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