



Emotional Wellness

- **COVA Care and COVA HDHO Anthem BCBS Employee Assistance Program**
Member Services: 1-855-223-9277
www.anthemeap.com
- **COVA HealthAware Employee Assistance Program**
Aetna - 1-888-238-6232
www.covahealthaware.com
- **Optima Health Employee Assistance Program**
Member Services: 1-800-899-8174
<https://optimaep.personaladvantage.com>
- **CommonHealthVA:**
<https://www.youtube.com/channel/UCbg3xNG7Senlv6uH5DpNbpA>