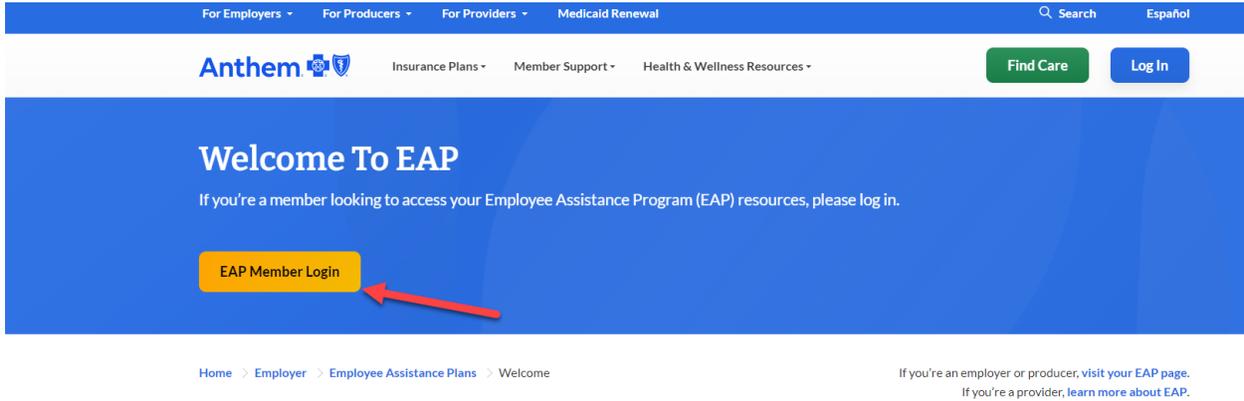


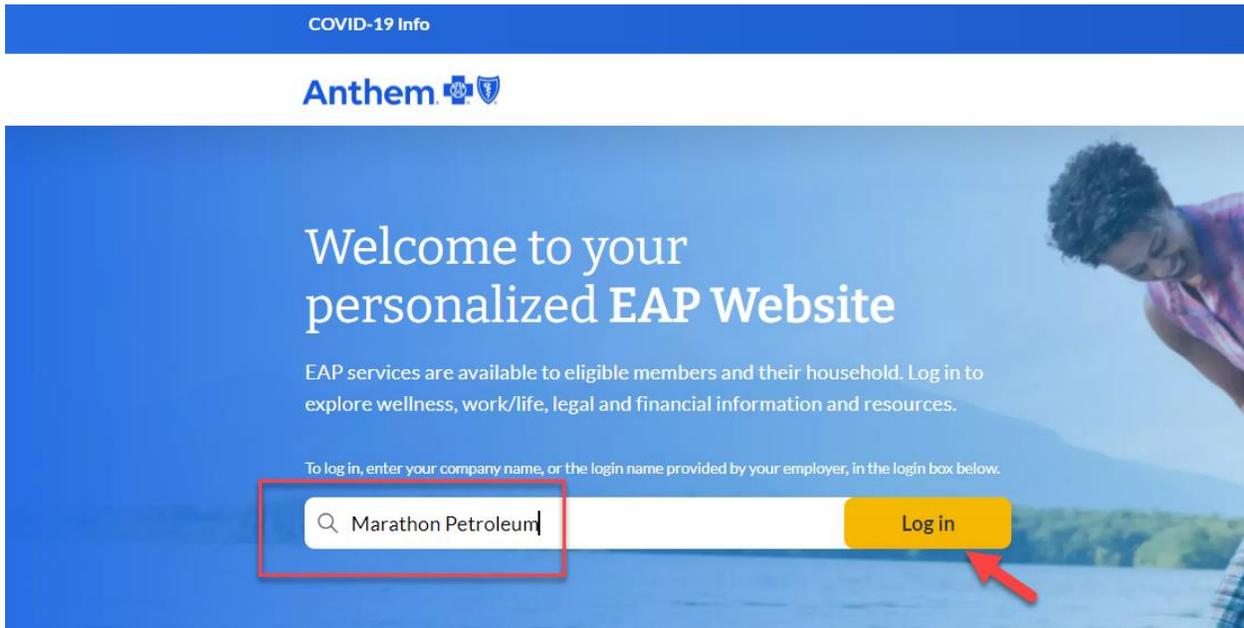
# How to Access Learn to Live

Visit: [www.anthem.com](http://www.anthem.com)

Click EAP Member Login



Enter in the Company name: Marathon Petroleum, then click Login.

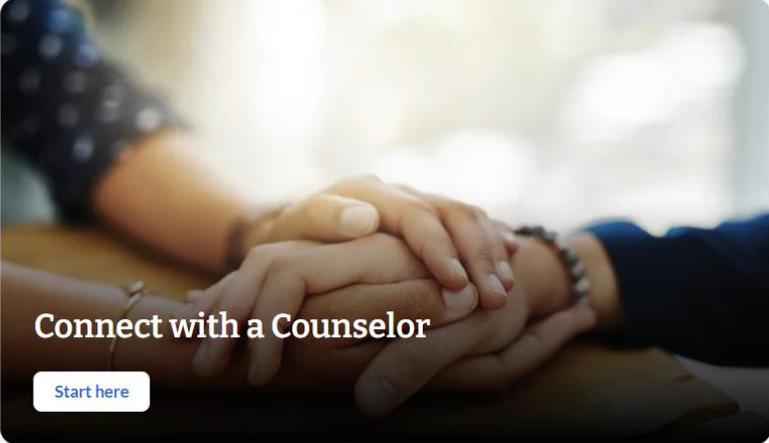


Select "Work-life Resources"

Urgent Assistance 

## Welcome to your **Marathon Petroleum Company** Employee Assistance Program (EAP)

How can we help you?



**Connect with a Counselor**

[Start here](#)



**Legal Resources** 



**Financial Planning** 



**Work-life Resources** 



**Take an Assessment** 



**Get Started** 

Click the blue icon below:

### Work-life Balance Resources through your Marathon Petroleum Company EAP

Improve your work-life balance

#### Work-life Resources

EAP provides online resources to help you find balance

[Click here to get started](#) 

For more information, call your EAP at:

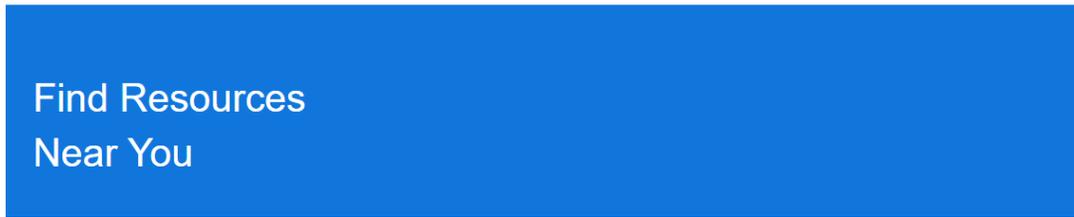
 800-865-1044

Select "Learn to Live".

Welcome Marathon Petroleum Company  
Phone : 800-865-1044



Navigation bar with links: About Your Services, EAP Orientation, Feedback, Email the Expert. Includes a language selection dropdown, a search bar with a Go button, and an Advanced Search link. Below the search bar are category buttons: Parenting, Aging, Balancing, Thriving, Working, Living, International.



- Adoption Provider Locator
- Child Care Provider Locator
- Search for a CERTIFIED FINANCIAL PLANNER™ Professional
- Older Adult Services Locator
- Pet Locator
- Pet Sitter Locator

### Centers

- > Talkspace
- > **Learn to Live**
- > Let's Talk Depression
- > Domestic Violence

[View all Centers](#)

Select "Click here" to access Learn to Live.

Navigation bar with links: About Your Services, EAP Orientation, Feedback, Email the Expert. Includes a language selection dropdown, a search bar with a Go button, and an Advanced Search link. Below the search bar are category buttons: Parenting, Aging, Balancing, Thriving, Working, Living, International.

Home > Centers

### Emotional Well-being Resources

Taking charge of your emotional well-being is within your reach. Learn how to develop resilience, reduce stress, and practice mindfulness at no cost to you.

[Click here](#) to take a quick assessment and choose the program that's right for you.

### Centers

- > Talkspace
- > **Learn to Live**
- > Let's Talk Depression
- > Domestic Violence

[View all Centers](#)