

# Better health starts here

Connect to behavioral health support today



If you or a loved one need help with an emotional or behavioral issue, you're not alone. Through your Anthem benefits, you can find expert, confidential, and compassionate care – virtually or in person. We'll even coordinate with your other care providers so you can focus on your well-being.

## 24/7 Behavioral Health Resource Center

### Around the clock, real-time support

Extra support for anxiety, depression, eating disorders, or substance abuse can make a big difference. The coordinators at our Behavioral Health Resource Center help find the best providers and resources for your unique mental and behavioral health needs. Call **(844) 451-1580** any day, any time, for support and crisis management.

## Virtual visits with a doctor

### Video and telehealth make care convenient

Our website and mobile app provides secure text chats and private video visits with behavioral health professionals from the comfort of home. Using your tablet, smartphone, or computer, simply:

1. Open your **Sydney<sup>SM</sup> Health** app or go to **anthem.com**
2. Under the *Find Care* tab, choose *Virtual visit with a doctor*
3. Fill in the information requested to find the right doctor for you.

This service is available 24/7 and can cost as little as \$0.

## Substance use disorder support

### Services to navigate and guide recovery

Our substance use disorder services and support can guide you to appropriate, close-to-home care. We'll schedule an evaluation within 24 to 48 hours and will continue to partner with you through the remainder of your care. Call **(844) 451-1580** to take the first step.

## Knowledge Hub

### A website dedicated to behavioral health content

When you need tools to help with stress, anxiety, depression, or other behavioral health conditions, Anthem's Knowledge Hub can help. The Knowledge Hub provides quick access to behavioral health education, resources, and webinars on important mental health topics. Visit **anthemknowledge.com** to explore the website.

## Emotional Well-being Resources

### Digital tools to improve everyday life

Our Emotional Well-being Resources provide the support you need to develop resilience, reduce stress, and practice mindfulness. The online programs and personalized coaching help you work through thoughts and behaviors that affect your emotional well-being. You'll learn effective ways to manage stress, anxiety, depression, and sleep issues — at no extra cost to you.

To begin:

1. Log into **anthem.com** or the **Sydney<sup>SM</sup> Health** app,
2. Choose *My Health Dashboard*,
3. Click on *Programs*,
4. Select *Emotional Well-being Resources*.

## ▶ Reach out for support

If you have questions or need help finding a behavioral health professional or program, call **(844) 451-1580** or chat with us live on the Sydney<sup>SM</sup> Health app or **anthem.com**. Our care coordinators will listen closely and assist you in finding the resources you need.



<sup>1</sup> Appointments subject to availability of a therapist. Members must be 10 years or older to see a therapist online and 18 years or older to see a psychiatrist online.  
<sup>2</sup> Prescription availability is defined by physician judgment. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

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