

## Welcome to Knowledge Hub

A resource for emotional and mental well-being

Life throws us curveballs. When you need tools to help with stress, anxiety, depression, or other behavioral health conditions, Anthem's Knowledge Hub can help. Visit **anthemknowledge.com/Ingenovishealth** for tools, articles, webinars, and helpful links on topics such as:

- Stress management.
- Substance use concerns.
- Suicide awareness and support.
- Autism, attention deficit hyperactivity disorder (ADHD),

## Find emotional support with our digital tools

Scan the code for quick access to the Anthem Knowledge Hub.



## **Connect with a care coordinator** If you'd rather speak to someone one-on-one, call **844-451-1576.**

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