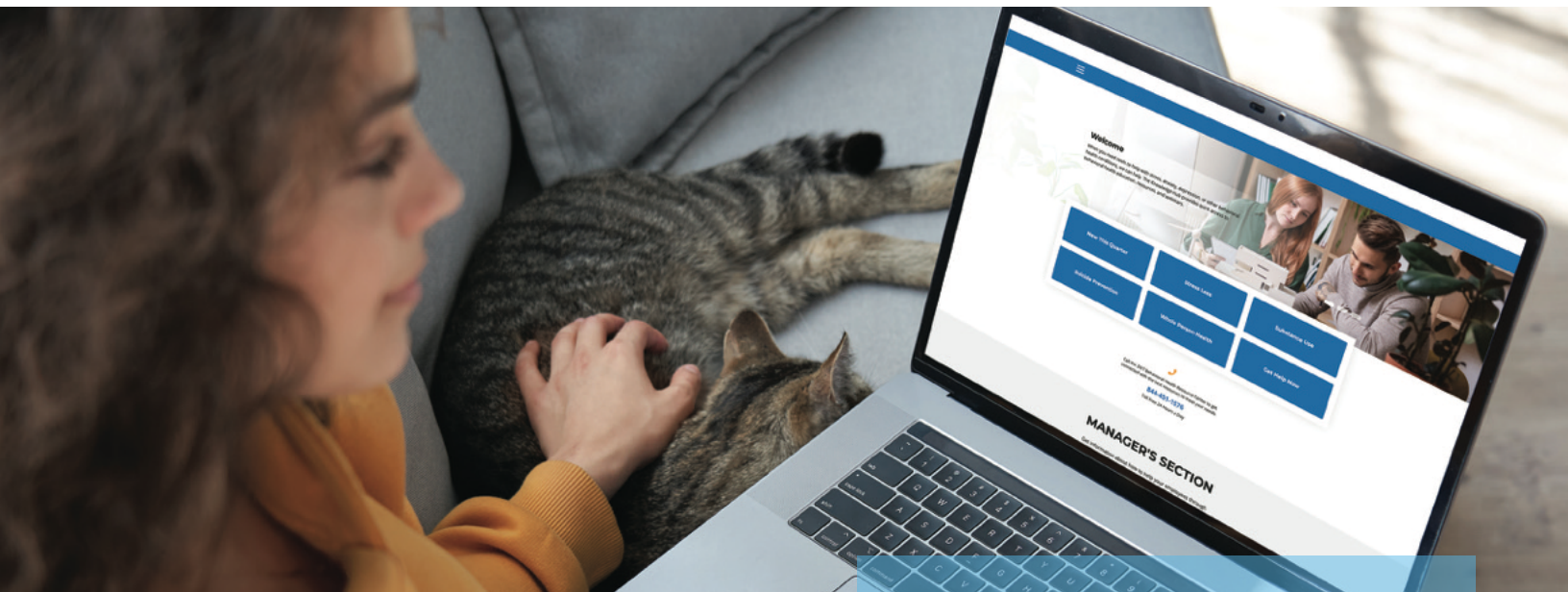


# Welcome to Knowledge Hub

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](https://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**.