



Mental health support starts here

Connect to healing. Find hope. Live your best life.

If you or a loved one needs help with a mental health issue, you're not alone. Through your Anthem benefits, you can find expert, compassionate, and confidential care — often at low or no extra cost. Access our wide range of programs and services online, on the phone, in person, or through video — whatever is most convenient for you.



Have a telehealth visit with a mental health professional

LiveHealth Online

Have a private and secure video visit with a therapist, psychologist, or psychiatrist without leaving the privacy and comfort of home. Using your smartphone, tablet, or computer with a camera, you can:

- **Talk with a licensed therapist in seven days or less.**¹ They can help with stress, anxiety, depression, grief, panic attacks, and family issues. Sessions are 45 minutes and cost about the same as an in-office therapy visit.
- **Visit a board-certified psychiatrist within two weeks.**¹ Psychiatrists provide medication support to help you manage a mental health condition.² A session usually costs the same as an in-office psychiatrist visit.

To make an appointment, visit livehealthonline.com, call **888-548-3432**, or go through Anthem's Sydney HealthSM mobile app. Appointments are available from 7 a.m. to 11 p.m., seven days a week.





Empower yourself with digital tools



Let our caring team help you find the right support

myStrength

myStrength is a digital self-help tool that fosters resilience, mindfulness, and coping skills. You'll find interactive and personalized programs geared toward helping you boost your mood and handle life's challenges, including stress, anxiety, depression, chronic pain, and sleep issues — at no extra cost to you. Log in to [anthem.com](https://www.anthem.com), go to *My Health Dashboard*, choose **Programs**, and select **myStrength** to begin.

Sydney Health mobile app

Anthem's secure mobile app serves as an excellent connection point for mental health support. Use Sydney Health to:

- Find behavioral health professionals in your plan's network.
- Check cost and what your plan covers.
- Discover resources that support your well-being.

Behavioral Health Resource Center

Extra support can make a big difference when facing issues such as anxiety, depression, eating disorders, or substance use. Our caring experts will work with you at no extra cost to find treatment programs and arrange confidential counseling and support services that meet your individual and family needs. Available 24/7. Call **0000000000**.



We are here with support, whatever your needs

If you have questions about your benefits or need help finding a mental health professional or program, chat with us live on the Sydney Health app or [anthem.com](https://www.anthem.com), or call Member Services at the number on your ID card.

¹ 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.

² 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. LiveHealth Online does not offer emergency services.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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