Anthem

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.

1037933MUMENABS VPOD 03/25

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 **1-844-451-1576** 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:

Open your **Sydney℠ Health** app or go to **anthem.com**

1. Under the **Find Care** tab, choose **Virtual visit with a doctor**
2. Fill in the information requested to find the right doctor for you.
3. 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 can provide same-day personalized provider referrals with follow up on all high-risk cases.* Call **1-844-451-1576** 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/abcbs** 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 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 **1-844-451-1576** or chat with us live on the **Sydney Health** app or **anthem.com**. Our care coordinators will listen closely and assist you in finding the resources you need.

Anthem

* Time to appointments vary based on virtual and in-person preferences.

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.

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

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.