



Your lifetime, trusted health partner

Helping you find the right care at the right
time with our behavioral, clinical, and
digital platforms

Newly Contracted In-Network Mental Health Providers



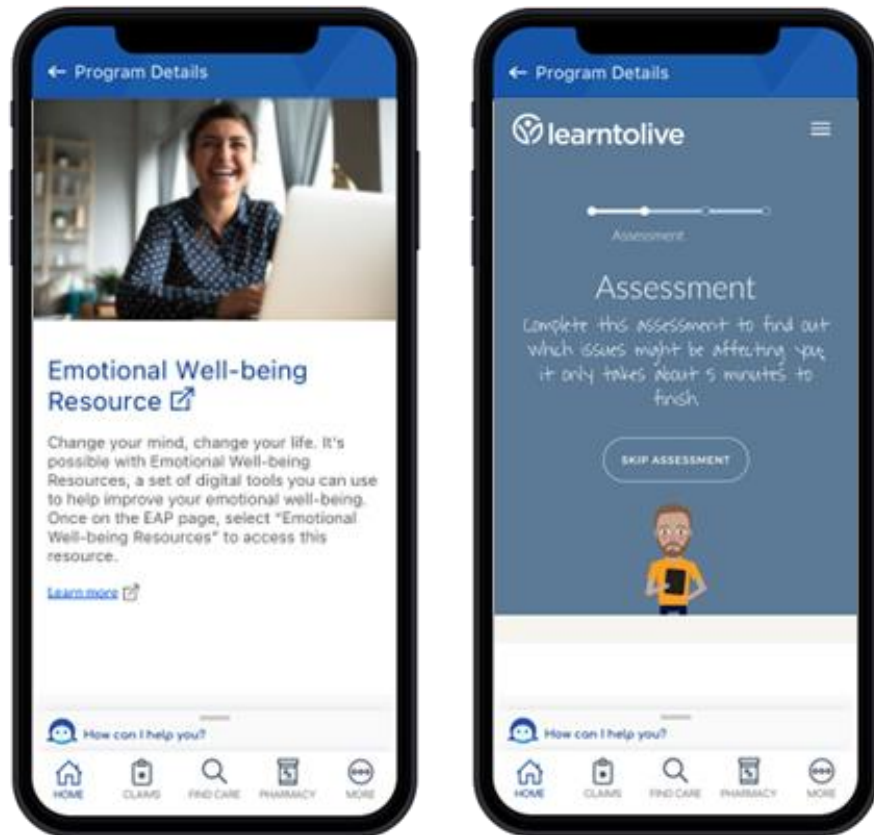
LiveHealth Online Behavioral Health Services

	LiveHealth Online Psychiatry	LiveHealth Online Psychology
Provider types	Board Certified Doctors	Licensed Psychologists and Therapists
Benefit offered	Medication, if necessary after evaluation	Counseling with Psychologists or Therapists
Visit length	30-45 minute initial evaluation. 15 minute follow up sessions if needed for medication review	45 minute counseling sessions
Average wait time	28 days or less	7 days or less
Ages Served	Age 18 and higher	Age 10 and higher

*Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online.

Emotional Well-being Resources: self-guided cognitive behavioral therapy

Expanding access to support services and resources — anytime, anywhere



A comprehensive self-assessment identifies emotional needs and generates program recommendations for employees and their household members (age 13+).

Personalized care modules promote skill-building, resiliency, and mindfulness.

Master's-level clinical coaches drive more program success with engagement opportunities via text, email, and phone.*

Family, friends, and peer-to-peer communities encourage additional social connection.

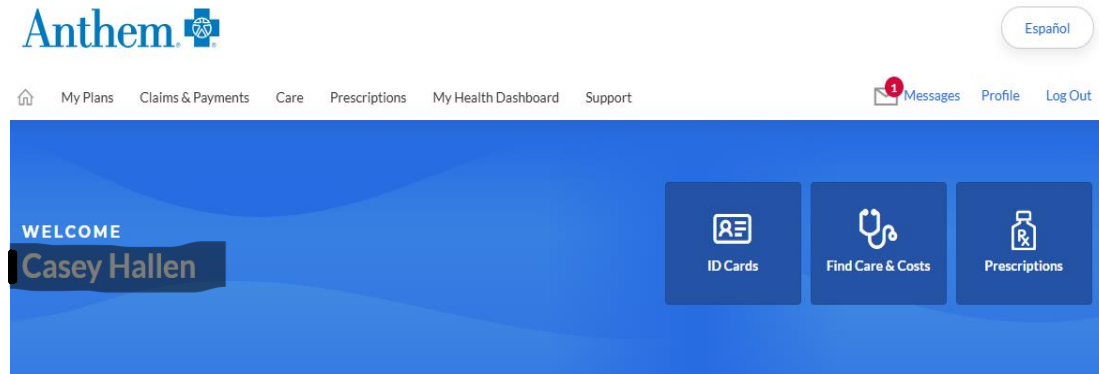
Post-program surveys, mindfulness moments, and webinars support ongoing care.

* Learn to Live internal data.

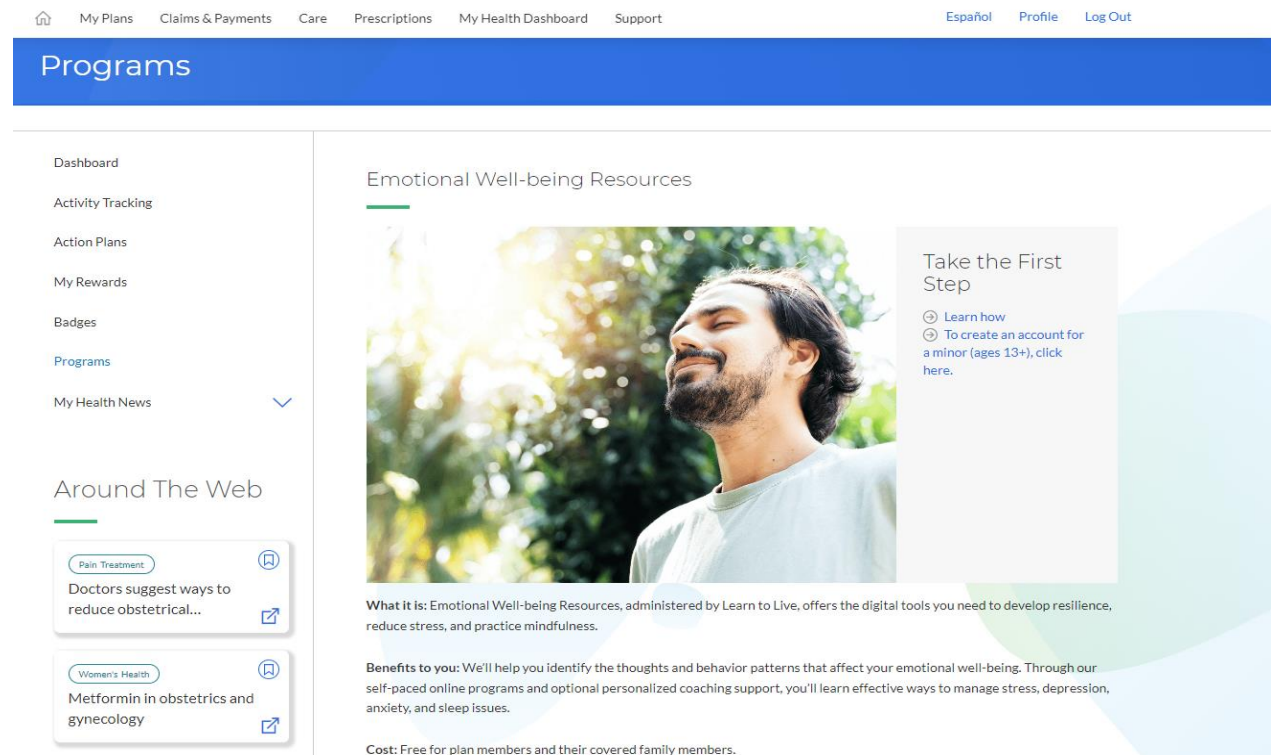
Emotional Well-being Resources

How to access through anthem.com

Step 1: Login to Anthem.com and select “My Health Dashboard” from the menu bar:



Step 2: Select “Programs” and scroll down until you see “Emotional Well-being Resources” then click the program tile:





Deeply committed to behavioral health

We are expanding our capabilities, clinical expertise, and access to quality behavioral healthcare to help members feel confident in care.



LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023

The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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 Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, 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 Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its 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.