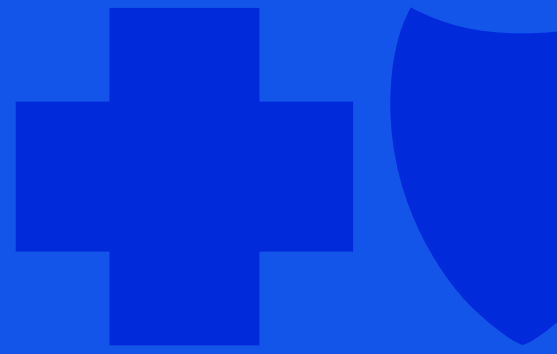


Take care of your mental health

Connect with personalized support at no extra cost



If you or a loved one is experiencing a mental health issue, help is available. Your Anthem benefits include access to a Health Advocate who can provide support and guidance at no extra cost to you.

The importance of mental health

Mental health issues such as depression and anxiety can cause physical symptoms like fatigue, headaches, and stomach pains.¹ They could also lead to an increased risk for diabetes, heart disease, and stroke, if left untreated.² Your mental health matters because it plays an essential part in your overall well-being.

How we can help

Our health advocates can help you improve your mental well-being. All of our health advocates are licensed professionals who are trained to make sure you're receiving the care you need.

Your health advocate will work with you to:

- Help you and your family better understand mental well-being.
- Assess your mental health and how they can best support you.
- Set goals and make a plan to help you reach them.
- Find ways to overcome obstacles to your goals.
- Coordinate care with your doctors.
- Connect with local and online resources.
- Help you make the most of your health plan benefits.
- Learn resiliency and how to be your own advocate.

Support is available 24/7/365

To connect with a health advocate through the Behavioral Health Resource Center or to learn more about how they can help:

- Call the Member Services number on the back of your health plan ID card.
- Visit **anthem.com** or use the **SydneySM Health app**, choose **My Health Dashboard**, and scroll down to *Featured Programs* to find Behavioral Health Resource Center.

You can also visit **anthem.com** or use **Sydney Health** to access Emotional Well-being Resources at no extra cost. This is a self-paced, virtual program based on Cognitive-Behavioral Therapy principles that teaches mindfulness and resiliency to support your well-being. Find it under *Featured Programs*.



¹ Mental Health Foundation website: *Physical health and mental health* (February 18, 2022): [mentalhealth.org.uk](https://www.mentalhealth.org.uk).

² Centers for Disease Control and Prevention website: *About Mental Health* (April 16, 2024): [cdc.gov](https://www.cdc.gov).

Sydney Health is offered through an arrangement with Cerebral 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.