



You have access to high-quality behavioral (mental) healthcare

Take advantage of the benefits included with your health plan

If you or your family members have mental health disorders, you are not alone. Studies show that mental health conditions are common, especially when another health concern is present.¹ Often, a physical problem receives more attention than a mental health concern, but receiving integrated care for both can help you better manage their effects on your life.

Expect more care and coverage options to come

The mental healthcare industry is evolving, and Anthem is at the forefront. We are always exploring and creating innovative programs as well as high-quality networks of care professionals who are accessible in person or virtually through telehealth.

Finding mental healthcare shouldn't be difficult

Your Anthem health plan doesn't just give you access to the largest network of medical doctors in California. **We have 21,714 qualified behavioral health professionals,**² including psychiatrists, psychiatric nurse practitioners, licensed psychologists, therapists, counselors, social workers, and board-certified behavior therapists for autism, with market-leading mental health services thanks to our partnership with Beacon Health Options. Our network now has **251,000 doctors available across the nation.**

Anthem strives to provide members like you with the broadest and most diverse behavioral health network in California, populated by providers from 40 clinical areas of expertise, such as depression, anxiety, substance-use disorders, eating disorders, autism, LGBTQ+ issues, and trauma. You are also able to search via attributes such as gender, ethnicity, language, and age of patients treated to ensure the best match. Together we have expanded the number of mental health professionals you can choose from across the state and added private, secure virtual care for your convenience. Normally, **you can speak with a therapist through virtual care in less than a week and a board-certified psychiatrist within four weeks.**³



Anthem offers its members a myriad of options for accessing behavioral healthcare anywhere across California at their convenience, including:

- In-person visits with behavioral health professionals in their own communities
- Virtual telehealth visits with behavioral health professionals
- Hybrid care providers, who offer a combination of in-person and virtual visits with behavioral health professionals
- Virtual providers who specialize in digital services, such as mental health coaching, online alcohol addiction treatment, and couples/family counseling

Your benefits include coverage for these types of care, services, and facilities:

- Depression
- Anxiety
- Stress
- Post-traumatic stress disorder
- Autism spectrum disorder
- Eating and substance-use disorders
- Suicide prevention
- LGBTQ+ counseling
- Partial-hospitalization programs
- Intensive outpatient programs
- Medication-assisted treatment programs
- Acute psychiatric and substance use disorder hospitals
- Residential treatment centers

Many of the full-service medical/surgical hospitals in your plan's network also provide various psychiatric, substance-use, and eating-disorder services.

And mental healthcare should be within your reach when it comes to cost

To help you overcome obstacles to receiving mental health services and treatments, we strive to keep your out-of-pocket expenses down. We do that by contracting with doctors and facilities that meet our quality standards and agree to negotiated rates to lower costs for you.

Download our Sydney Health app to find a local mental health provider

Scan the QR code using the camera on your smartphone.



¹ Centers for Disease Control and Prevention: *Mental Health in the Workplace* (accessed May 2022); [cdc.gov](https://www.cdc.gov).

² As of July 2022.

³ Appointments subject to availability.

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With you every step of the way

Emotional Well-being Resources offer help when you need it



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com/ca](https://www.anthem.com/ca), go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.

Effective: 1/1/22

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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