

Feeling Anxious or Stressed?



- **FREE LiveHealth Online:** Provides telehealth visits with a therapist, psychologist, or psychiatrist — it's easy to use, private, and in most cases you can see a therapist within four days or less. Telehealth means a video chat with a covered provider. Telephonic visits are not covered.
 - Go to LiveHealthOnline.com to get started
 - Enter your Anthem/KEHP Medical ID and your visit is FREE
 - For questions, call 888-548-3432
- Take a deep breath with **myStrength** — your FREE go-to for custom well-being and positive inspiration
 - Visit anthem.com/mystrengthky
- **Substance Use Disorder Telephone Support:** You can connect with a clinical expert trained in substance use disorder treatment
 - Call the 24/7 support line at 855.873.4931
- FREE well-being tools and resources through WebMD Health Services at KEHPLivingWell.com
 - Visit kehplivingwell.com
- **Rethink Benefits** - a FREE benefit to support those caring for children and teenagers with learning or behavioral challenges, including autism
 - Visit KEHP.rethinkbenefits.com
 - Use KEHP as the enrollment code