

It's OK to need a helping hand

Find support to protect your emotional well-being



It is not always easy to ask for help when life gets tough. With your Anthem health benefits, you can find expert mental healthcare online, by phone, in person, or through video — making it easier for you and your family to get a helping hand when you need it.

Service	How it can help	How to get started
Behavioral Health Resource Center	Behavioral health specialists are here to help you with mental health issues such as depression, eating disorders, or substance use. They take a whole-health approach to your care that includes mind and body. The Resource Center gives you access to qualified staff and licensed clinicians, 24/7 .	Call the Behavioral Health Resource Center at 855-873-4931 .
Substance use disorder telephone support	When you call the Behavioral Health Resource Center, you can speak with a substance use disorder expert who will give you focused support and guidance and help assess your needs. This may include treatment for you or a family member who is misusing or overusing opioids, such as morphine, heroin, codeine, oxycodone, or hydrocodone. Support by phone is available 24/7 to you and your loved ones or caregivers.	Call the support line at 855-873-4931 and ask to speak with a substance use disorder specialist.
LiveHealth Online Psychology	You can have a private video visit from the comfort of home with a licensed counselor — at no extra cost — in four days or less for help with stress, anxiety, depression, grief, panic attacks, and family issues. ¹ You must be 10 years of age or older to use LiveHealth Online.	<ul style="list-style-type: none"> Visit livehealthonline.com or log in to anthem.com. You can also log in to the SydneySM Health app, select Health & Wellness Center and then Additional Programs.
LiveHealth Online Psychiatry	You can also meet with a psychiatrist through a video visit at no extra cost in 14 days or less for help with medicine and issues such as anxiety, stress, depression, and post-traumatic stress disorder (PTSD). ^{1,2,3} You must be 18 years of age or older.	<ul style="list-style-type: none"> Log in to anthem.com or the Sydney Health app. Go to Health & Wellness Center, choose Additional Programs, and select Emotional Well-being Resources. You will be transferred to the Learn to Live website, where you can register with an email address and password.
Emotional Well-being Resources	With Emotional Well-being Resources administered by Learn to Live, you have 24/7 access to digital tools and resources to help you identify and work through thoughts and behavior patterns that affect your emotional well-being. Learn ways to manage stress, depression, anxiety, substance use, and sleep issues.	<ul style="list-style-type: none"> Log in to anthem.com or the Sydney Health app. Go to Health & Wellness Center, choose Additional Programs, and select Emotional Well-being Resources. You will be transferred to the Learn to Live website, where you can register with an email address and password.
In-Home Addiction Treatment (IHATTM)	<p>Through this program, you can receive treatment for drug and alcohol addiction without leaving your home, family, or job. It includes virtual and in-home visits with an addiction psychologist, a registered nurse, a family systems therapist, and certified recovery advisors.</p> <p>Treatment is designed to promote lasting recovery.</p>	To learn more about this type of treatment, call the Behavioral Health Resource Center at 855-873-4931 .

Support is a call away

For support and help finding care, call **KEHP Customer Support** at **844-402-5347** or the **Behavioral Health Resource Center** at **855-873-4931**. All calls and conversations are confidential.

Doctors are available in your health plan's network who are also close to home. Treatment outside of your plan's network may cost you more out of pocket.

Download the Sydney Health app from Google PlayTM or the App Store[®]



¹ Online counseling is not appropriate for all kinds of issues. 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 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

² Appointments subject to availability.

³ Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

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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.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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