

# Helping you with lower costs, more care providers, and easier access to behavioral health care



## Because mental health is part of your overall well-being

It's important to get the right support for behavioral health issues.



### Youth suicide rates

Suicide is the second leading cause of death for children between 10 and 14 years of age in the U.S., and 11th overall.<sup>1</sup>



### Complex needs

1.5M U.S. adults experience both mental illness and a substance use disorder.<sup>2</sup>



### Primary care impact

Employees experiencing mental distress use an average of nearly \$3,000 more in healthcare services per year than their peers.<sup>3</sup>

## We are here to help

If you or a loved one needs help with a mental health or substance use issue, you're not alone. Through your Anthem benefits, you can quickly find expert, compassionate, and confidential care — often at lower or no extra cost. You have access to a wide range of programs and services online, on the phone, in person, or through video — whatever is most convenient for you.

## Enhancing behavioral health support in California



### Reduced copays

Providing lower copays for virtual and in-person care.



### Expanded networks

Using larger networks with more than 100 care providers added through and more LiveHealth® Online virtual care providers.<sup>4</sup>



### Whole-health support

Offering innovative programs and services that provide support to children, teens, and adults — with virtual or in-person options.



### Specialized benefits

Including eating disorder treatment, autism spectrum disorder family outreach, Behavioral Health Case Management, child/adolescent/family/guardian outreach, Emotional Well-being Resources, and virtual care through LiveHealth Online.

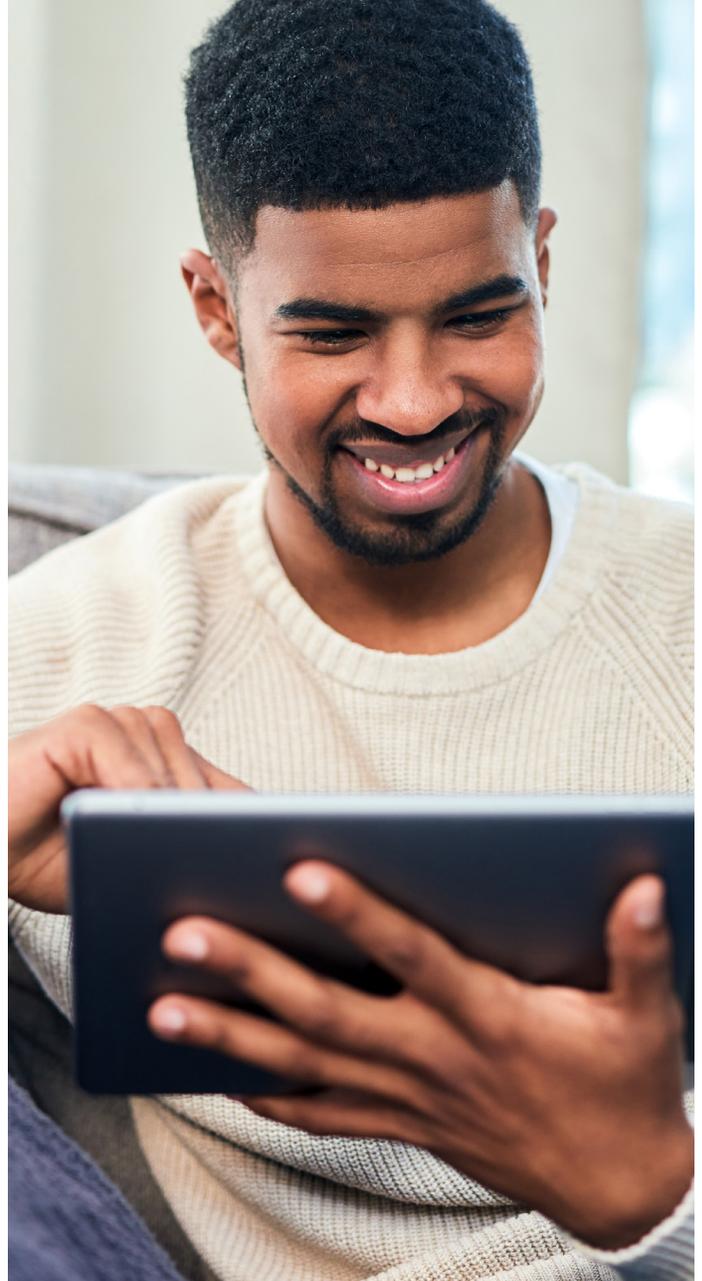
## Our caring team helps you find the right support

If you have questions about your benefits or need help finding a behavioral health professional or program, [chat with us live on the Sydney<sup>SM</sup> Health app](#) or [anthem.com/ca](#), or call Member Services at the number on your health plan ID card.

### Get started today



Download our [Sydney Health](#) app or sign up at [anthem.com/ca](#). Scan the QR code using your phone's camera.



## Virtual visits

You can schedule virtual visits with psychologists and therapists within seven days using our Sydney Health app — half the time needed for scheduling in-person appointments.<sup>5</sup>

# 90%

of individuals were able to find all the behavioral health care they needed in the last 12 months.<sup>6</sup>

## Virtual care solutions

Program	Condition	Population/ Ages	Specialty/How it can help	How to access
Achieve Beyond*	Autism/ Behavioral Management	Pediatric and Adolescents+	Autism / Behavioral Management Services to children & students, including initial evaluations, as well as follow-up sessions, and we try our best to provide services in the predominant language of the patients in home, clinic and community settings	<a href="#">Achieve Beyond</a>
LiveHealth Online (LHO) (Amwell)	General behavioral health	LHO Psychiatry 18+ LHO Psychology 10+	General behavioral health conditions including stress, depression, life transitions, grief, anxiety, coping with illness, relationship troubles, and panic attacks	<a href="#">Sydney</a>
Baart Behavioral Health Services	Substance use disorder	Adolescents, and Adults	Medication-Assisted Treatment (MAT) for substance use disorders, including Opioid Treatment Programs (includes counseling and in-office sessions), Outpatient and Inpatient Detox services, Residential Treatment Centers	<a href="#">BAART</a>
Behavioral Health Works	General behavioral health	Pediatric and Adolescents+	General behavioral health conditions, early intervention therapy for autism, school based and in-home behavioral intervention	<a href="#">Behavioral Health Works</a>
Cucumber Wellness	General behavioral health	Adults	General behavioral health conditions, services include therapeutic management of anxiety, depression, stress, and lifestyle and nutritional coaching	<a href="#">Cucumber Wellness</a>
Ria Health	Alcohol use disorder	Adults	Offering alcohol treatment including medication-treatment, recovery coaching, moderation management, and other telemedicine resources, all 100% online through the Ria Health App.	<a href="#">Ria Health</a>
Headway	General behavioral health	1+	ADHD, Anxiety, bipolar disorder, eating disorder, family therapy, infertility, LGBTQ+, sexual issues,, sleep disorder. Includes online scheduling platform. It operates a virtual network of therapists that accept insurance and provide video or in-person sessions	<a href="#">Headway</a>
Lifestance Health	General behavioral health, substance use disorder	Children, Adolescents, and Adults	General behavioral health conditions, services include psychiatry, therapy, group therapy, marriage & family therapy, substance abuse & addiction, and medication management	<a href="#">Lifestance Health</a>
Mindful Health Solutions	General behavioral health	Children, Adolescents, and Adults	Offering in-office and tele-visits for depression, OCD, anxiety, ADHD, bipolar disorders, utilizing cutting-edge treatment plans	<a href="#">Mindful Health Solutions</a>
Mindpath Health	General behavioral health	Children, Adolescents, and Adults	Offering in-office and tele-visits for depression, OCD, anxiety, ADHD, bipolar disorders, post-partum mental health, marriage & family therapy, TMS therapy, dedicated program for college students	<a href="#">Mindpath</a>
Rula	General behavioral health	5+	General behavioral health conditions, services include individual therapy, medication management, couples therapy, family therapy and psychiatric care. Includes online scheduling platform	<a href="#">Rula</a>
PsychUP	General behavioral health	Children, Adolescents, and Adults	Providing assistance and support to individuals managing a range of mental health conditions, including ADHD, OCD, Depression, and Panic, Bipolar, and Anxiety Disorders.	<a href="#">PsychUP</a>

Availability may vary by plan benefits and availability of licensed providers in your state. You may need to verify eligibility with the selected provider before your scheduled appointment to ensure they are in-network for you.

For more providers, visit [anthem.com/ca/find-care](https://www.anthem.com/ca/find-care).



- 1 National Institute of Mental Health: *Suicide* (February 2024); [nimh.nih.gov](https://www.nimh.nih.gov).
- 2 Substance Abuse and Mental Health Services Administration: *Key Substance Use and Mental Health Indicators in the United States: Results from the 2022 National Survey on Drug Use and Health* (November 2023); <https://www.samhsa.gov/data/sites/default/files/reports/rpt42731/2022-nsduh-nmi.pdf>.
- 3 National Safety Council and the National Opinion Research Center at the University of Chicago: *New Mental Health Cost Calculator Shows Why Investing in Mental Health is Good for Business* (May 13, 2021); [nsc.org](https://www.nsc.org).
- 4 Internal data: Carelon Behavioral Health, 2022.
- 5 Appointments subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 911 for help, or text, chat, or call 988 to reach the 988 Suicide & Crisis Lifeline. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online and Talkspace do not offer emergency services.
- 6 Internal data: *Behavioral Health Case Management Member Satisfaction Survey*, Q1-Q3 2022.

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

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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