

# 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 Care Manager 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.<sup>1</sup> They could also lead to an increased risk for diabetes, heart disease, and stroke, if left untreated.<sup>2</sup> Your mental health matters because it plays an essential part in your overall well-being.

## How we can help

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

## Your care manager 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 care manager 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 **Sydney<sup>SM</sup> Health app** to learn more about the Behavioral Health Resource Center or call **844-792-5141**.

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 the **Care** tab. Select **Wellness Programs** and choose **Emotional Well-being Resources** to begin.



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

<sup>2</sup> 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 Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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