

Ready to talk? We're ready to help.



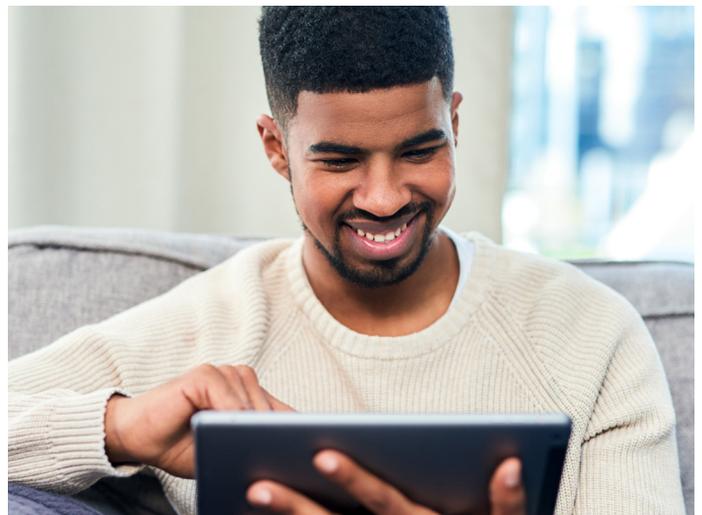
Access behavioral health care from anywhere

If you or someone you care about is going through a tough time, virtual behavioral health support might be a good place to start. Your Anthem health plan helps you find confidential care from a wide range of experts. These virtual care providers cover a variety of concerns over every age group, and you can book directly using the links on the next page.



Find the right support

The information provided about the following care providers is meant as a general overview and may not reflect current details or availability. Confirm information about services and coverage with the care providers before making an appointment.



Benefits of virtual visits

Virtual care with your Anthem health plan is often low or no cost. You can schedule virtual visits with behavioral health professionals quickly and easily. Whether you prefer to chat online, over the phone, or by video — it's all up to you.

Virtual care solutions

| Program | Area of support | Population/ Ages | What it does/how it can help |
|----------------|----------------------------------|-----------------------------------|---|
| Headway | General behavioral health | Children, adolescents, and adults | Headway specializes in ADHD, anxiety, bipolar disorder, eating disorder, family therapy, infertility, LGBTQ+, sexual issues, and sleep disorder. It includes online scheduling platform and operates a virtual network of therapists that accept insurance and provide video or in-person sessions. Go to https://care.headway.co/coverage/anthem-bcbs . |
| Alma | General behavioral health | Children, adolescents, and adults | Alma connects patients with therapists who offer both in-person and virtual options, making access to care more affordable and streamlined. Go to https://helloomma.com/ . |
| Charlie Health | Personalized intensive treatment | Children, adolescents, and adults | Charlie Health's intensive outpatient program (IOP) combines supported groups, family therapy, and individual therapy into a series of personalized sessions multiple times per week. Go to https://www.charliehealth.com/ . |
| Equip Health | Eating disorder support | Children, adolescents, and adults | Equip Health focuses on holistic recovery through virtual treatments for those with eating disorders. Go to https://equip.health/ . |
| Grow Therapy | General behavioral health | Children, adolescents, and adults | Grow Therapy offers virtual appointments and mental health support, including therapy and psychiatry. Go to https://growtherapy.com/ . |
| Ria Health | General behavioral health | Adults | Ria Health offers alcohol treatment, including medication treatment, recovery coaching, moderation management, and other telemedicine resources, all through the Ria Health app. Go to https://riahealth.com/ . |
| Rula | General behavioral health | Children, adolescents, and adults | Rula provides services for general behavioral health, including individual therapy, medication management, couples therapy, family therapy, and psychiatric care. It includes an online scheduling platform. Go to https://www.rula.com/ . |
| SonderMind | General behavioral health | Children, adolescents, and adults | SonderMind provides convenient and specialized psychiatric care to manage a variety of mental health conditions, with or without medication. Go to https://www.sondermind.com/ . |
| Talkspace | General behavioral health | Adolescents and adults | Talkspace is an online therapy platform that offers text, video, and call therapy. Users are matched with a licensed therapist to provide support for a variety of mental health conditions. Go to https://www.talkspace.com/coverage/insurance/anthem . |
| Valera Health | General behavioral health | Children, adolescents, and adults | Valera Health connects patients with low-cost, virtual mental health services, such as therapy, psychiatrists, and health coaches. Go to https://www.valerahealth.com/ . |
| Vita Health | General behavioral health | Adolescents and adults | Vita Health delivers virtual care options focused on crisis management and short-term therapy, with the goal of reducing ER visits and hospitalizations. Go to https://www.vitahealth.care/ . |



Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide and Crisis Lifeline) for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Emergency services are not provided through virtual care on the Sydney Health app or anthem.com.

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.

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 may also receive a bill for any charges not covered by your health plan.

If you have access to an Employee Assistance Program, you may have therapy sessions available to you at no cost, and the care providers listed may not be in-network for your coverage. Call the number on your member ID card to learn more.

To find additional providers within your benefits, you can go to Find Care or search your benefits summary.

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