Behavioral Health Advantage

Making meaningful connections toward mental health and emotional well-being



Anthem is committed to giving you the tools and resources needed to feel and perform your best. We're here to empower and engage your whole health — physically, mentally, and emotionally.

Behavioral Health Advantage combines the best of our behavioral health capabilities to connect you with personalized programs — before, during, and after health events.

- **90% of individuals** said they were able to receive help with all their behavioral health issues in the last 12 months.[4]
- Our Sydney℠ Health app connects consumers to care faster, with **9 out of 10 survey respondents** able to schedule a virtual mental health appointment sooner than an in-person one.[3]

Behavioral Health Advantage: Meeting you where you are

Behavioral Health Advantage (BHA). If you're trying to manage a behavioral health condition or cope with substance use disorder, you don't have to face it alone. Our behavioral health case managers are licensed mental health professionals. They offer caring support for you and your family, including 24/7 drug and alcohol assistance, to improve your quality of life. Tap into our knowledge hub, featuring tools, articles, and webinars on topics like suicide awareness and support, autism, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD). We're here to help guide you on the path to better mental health and well-being.

- Substance Abuse Disorder
- Child and adolescent
- Eating disorder
- Autism spectrum disorder
- Complex care
- Post-discharge planning

Emotional Wellbeing Resources. Learn effective ways to develop resilience, reduce stress, and practice mindfulness. Digital tools help you identify thoughts and behavior patterns that affect your emotional well-being. Through on-line programs and personalized coaching, you'll learn effective ways to manage stress, anxiety, depression, substance use, and sleep issues.

Autism Spectrum Disorder Program. Receive support for a covered family member with an autism spectrum disorder. Our licensed behavior analysts can help you navigate the healthcare system and address any unique family challenges. We focus on the whole family and work with all of you to understand and access available care.

Transforming behavioral health together

Greater access to mental health and emotional well-being care and resources

3 LiveHealth Online post-visit survey results, January 1, 2021, through December 31, 2022.
4 Internal data: *Core Behavioral Health Case Management Member Satisfaction Survey*, Q1 to Q3 2022.
5 Emotional Well-being Resources is embedded with Large Group fully insured foundational BHCM and administrative services only Large Group and National Accounts Behavioral Health Advantage.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023

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