

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 Blue Cross benefits include access to a health advocate 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.¹ They could also lead to an increased risk for diabetes, heart disease, and stroke if left untreated.² Your mental health matters because it plays an essential part in your overall well-being.

How we can help

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

Your health advocate 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.

Find support for your mental health

To connect with a health advocate or to learn more about how they can help:

- Call the Member Services number on the back of your health plan ID card.
- Chat through the **SydneySM Health** app.

You can also visit anthem.com/ca 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 *Featured Programs*.



Scan the QR code above to download the Sydney Health app.



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

² Centers for Disease Control and Prevention: *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.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

25916CAMENABC VPOD Rev. 07/24