

# Connect with virtual support using Sydney Health and [anthem.com](https://www.anthem.com)

Now you can connect to the care you need through the Sydney Health mobile app or [anthem.com](https://www.anthem.com). Have a live video visit with licensed therapists, board-certified psychologists, and psychiatrists through private video visits on your computer with a camera.

## Faster support when you need it

**If you're feeling anxious or depressed, you can talk with a therapist online.**

Appointments are available seven days a week. In most cases, you can set up a visit and see a therapist in seven days or less.<sup>2</sup>

**You can also visit with a psychiatrist by appointment for support on managing your medication.**<sup>3</sup> Unlike therapists, who offer counseling support, psychiatrists can provide an evaluation and medication management to help if you have a common behavioral health condition.

With your Anthem health plan, the cost of an online visit is the same as the cost for an in-person visit.

## Make time for your mental health

Use the Sydney Health mobile app or visit [anthem.com](https://www.anthem.com).

Download Sydney Health on the App Store<sup>®</sup> or Google Play<sup>™</sup>.



### Commonly treated conditions:

-  Anxiety
-  Stress
-  Depression
-  Grief
-  Bipolar disorder
-  Obsessive-compulsive disorder
-  Post-traumatic stress disorder

<sup>1</sup> Appointments subject to availability

<sup>2</sup> Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using Sydney Health. Psychiatrists on Sydney Health will not offer counseling or talk therapy.

<sup>3</sup> LiveHealth Online internal data.

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 800-273-8255 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Sydney Health does not offer emergency services.

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