



Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere



With Emotional Well-being Resources, you have access to help you and your household live your happiest, healthiest lives.

You'll learn effective ways to identify thoughts and behavior patterns and how to manage:

- Anxiety
- Sleep issues
- Social anxiety
- · Drug and alcohol use

- Depression
- Panic
- Stress
- Worry

Proven principles with you every step of the way

Built on Cognitive Behavioral Therapy (CBT)



Access personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to help improve your mood.



Attend live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

- Log in to anthem.com, go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.
- o Download the SydneySM Health app, choose Menu, select My Health Dashboard, go to Featured Programs, and choose Emotional Well-being Resources.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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 and Blue Shield is the trade name of. In Colorado: Rocky Mountain Hispital and Medical Service, Inc. HMD products underwritten by HMD Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anothem. Only offering health plans of Neoneticuts. Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area). RightCHIDICE Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMD Missouri, Inc. RIT and certain affiliates administer on-HMD benefits underwritten by HMD Colorado, Inc., Git and certain affiliates only provide administerative services for self-funded plans and on on underwrite benefit by Hasan Can developed plans and on the Meadar-Rocky Mountain Hispatial and Medical Service, Inc. HMD products underwritten by HMD Colorado, Inc., Git and HMD Nevadar. Inc. Bit and extrain affiliates only provide administrative services for self-funded plans and on on underwrite the plans of New Hampshire, Inc. HMD plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwrites the work of New York: Anthem Health Plans of New Hampshire, Inc. and underwrites the work of New York: Anthem Health Plans of New Hampshire, Inc. and underwrites the work of New York: Anthem Health Plans of New Hampshire, Inc. and underwrites are administrative services as anthem Health Plans of New Hampshire, Inc. and underwrites are administrative services as anthem Health Plans of New York: Anthem Health Plans of New York: Anthem Health Plans of New York: Anthem Health Pl