

# Easier access to behavioral health services



## We are here to help

Scan the QR code to visit [anthem.com/ME/behavioralhealth](https://anthem.com/ME/behavioralhealth) for help with a mental health or substance use issue. Through your Anthem benefits, you can quickly find expert, compassionate, and confidential care — often at lower or no extra cost. You have access to a wide range of programs and services online, on the phone, in person, or through video — whatever is most convenient for you.



## Enhancing behavioral health support in Maine



### Expanded networks

Using larger networks with more than 100 care providers added through Carelon Behavioral Health and more LiveHealth Online virtual care providers.<sup>1</sup>



### Whole-health support

Offering innovative whole-health programs and services that provide support to children, teens, and adults — with virtual or in-person options.



### Specialized benefits

Including eating disorder treatment, Autism spectrum disorder family outreach, Behavioral Health Case Management, and child/adolescent/family/guardian outreach.

## Our caring team helps you find the right support

### Virtual visits

You can schedule virtual visits with psychologists and therapists within seven days using our Sydney<sup>SM</sup> Health app — half the time needed for scheduling in-person appointments.<sup>2</sup> 90% of individuals were able to find all the behavioral health services they needed in the last 12 months.<sup>3</sup>

### Virtual and live support

If you have questions about your benefits or need help finding a behavioral health professional or program, chat with us live on the Sydney Health app or [anthem.com](https://anthem.com), or call Member Services at the number on your member ID card.



Download our [Sydney Health app](https://sydneyhealthapp.com) or sign up at [anthem.com](https://anthem.com). Scan the QR code using your phone's camera.

<sup>1</sup> Internal data: Carelon Behavioral Health, 2022.

<sup>2</sup> Appointments subject to availability. 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 & Crisis Lifeline), or 911 for help. If your matter is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

<sup>3</sup> Internal data: Behavioral Health Case Management Member Satisfaction Survey, Q1-Q3 2022.

