

# Connect with virtual support.

Connect privately with a doctor, therapist, psychiatrist or sleep specialist on your smartphone, tablet or computer via LiveHealth Online.

Access LiveHealth Online through the Sydney Health mobile app or [anthem.com/ca](https://www.anthem.com/ca).



- **See a board-certified doctor 24/7.** No appointment necessary to see a doctor who can assess your condition, give medical advice or send a prescription<sup>1</sup> to the pharmacy. It's a great option when you have pink eye, the flu, allergies, a sinus infection or another common health concern. Specialty medical providers available for kids under age 17.



- **Connect with a licensed therapist** to get help with anxiety, depression, grief, panic attacks and more. To schedule a video visit for your dependent child 10 years of age or older, just log in to your account and choose LiveHealth Online Psychology for Teens.



- **Consult a board-certified psychiatrist.** If you're over 18 years old, you can get medication support<sup>2</sup> to help you manage a mental health condition.
- **Visit with a board-certified sleep specialist** for an initial evaluation, referral for testing if appropriate, a personalized treatment plan, and follow-up visits as needed for a wide range of sleep disorders.

See a Spanish-speaking doctor with Cuidado Médico on LiveHealth Online.

**You've got access to affordable and convenient care.** Anthem members pay just your share of the costs—usually \$5.90 copay for medical doctor visits, and 10% of the total cost, no deductible for a 45-minute therapy or psychiatry session. Use your WageWorks/Health Equity card to cover the cost with your Health Account credits or Flexible Spending Account (FSA) dollars.

**Questions?** Email [customersupport@livehealthonline.com](mailto:customersupport@livehealthonline.com) or call 1-888-548-3432.



<sup>1</sup> Prescription availability is defined by physician judgment.

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

**Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, seek help immediately.** Call 1-800-273-8255 (National Suicide Prevention Lifeline) or 911 and ask for help. If it's an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.