



Anthem Blue Cross and Blue Shield
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**Start the new school year
with confidence** in your
health benefits

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.
Engage is the trade name of Castlight, Inc., a separate and independent company offering care management services on behalf of Anthem Blue Cross and Blue Shield plans.
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**Be ready for school
with these health tips**



Health benefits at the head of the class

Learn about resources to help you and your family be well

As the new school year begins, we want you to be confident that your family's health needs are covered. Your Anthem Blue Cross and Blue Shield plan connects you to resources that support physical and mental health, such as LiveHealth Online video visits on the Engage Wellbeing mobile app. See a doctor anytime, anywhere for common health matters such as cold and flu symptoms, sinus infections, and allergies – or a therapist for mental health support. Explore the benefits below that help make it easier to take time for health and wellness, even during a busy school season.



LiveHealth Online

Receive care through a convenient, private, and secure video visit

You can have a video visit with a doctor or therapist by using a smartphone, tablet, or computer with a camera:

- See a board-certified doctor 24/7 – without an appointment.
- Talk with a licensed therapist in seven days or less.¹ Evening and weekend appointments are available.

If you're enrolled in the Copay Plan with a Health Reimbursement Account (HRA) Plan or Narrow Network Copay Plan, you will pay \$10 for visits, with no deductible. For all other plans, you will pay 20%, after you meet your deductible.

To make an appointment:

- Use the Engage Wellbeing app and go to the **Benefits** tab to select **LiveHealth Online** and schedule a medical or behavioral health visit. You can also go to livehealthonline.com.
- Call **888-548-3432**, seven days a week.

Health and wellness dollars – for eligible employees

Complete certain healthy activities and earn wellness rewards

You and your covered spouse or domestic partner can each earn up to \$800 a year in wellness rewards to help pay for eligible care in 2022.² Visit the Rally Portal on Teamworks for details.

How to connect with care and support

Download the Engage Wellbeing app

Engage Wellbeing gives you access to resources that support your physical and mental health, such as LiveHealth Online video visits. Scan the QR code with your mobile phone's camera to download it from the App Store® or Google Play™.



Preventive care

Schedule your and your child's annual physicals

If you need help finding a primary care doctor or pediatrician, use the **Find Care** feature on anthem.com or the Engage Wellbeing app.

Your plan covers preventive checkups and vaccines at 100% if you choose doctors in your plan's network. **Please note:** You don't need to wait a full 12 months before receiving your next annual screening.



New for 2022 – Emotional Well-being Resources

Enjoy whole-health digital support for overall happiness

Emotional Well-being Resources, administered by Learn to Live, connects you to a wealth of resources from anywhere, at any time, including:

- Self-guided cognitive behavioral therapy to help you manage issues such as anxiety, depression, stress, and substance use.
- Personalized skill-building and mindfulness exercises.
- Peer-to-peer communities.
- Live and on-demand webinars.

Log in to anthem.com, select **My Health Dashboard**, and choose **Programs**.

¹ Appointments subject to availability of a therapist. Psychologists or therapists using LiveHealth Online cannot prescribe medications. Online counseling is not appropriate for all kinds of issues. If you are in crisis or having suicidal thoughts, it is important that you seek help immediately. Please call the National Suicide Prevention Lifeline at 800-273-TALK (800-273-8255), or 911 for help. If it is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.
² Employees enrolled in the Narrow Network Copay Plan, Flexible High Deductible Health Plan (HDHP), and Flexible HDHP Out of Area plans are not eligible for reward dollars.

Talk to a nurse, day or night

Your plan includes **24/7 NurseLine** at no extra cost. Registered nurses can answer health questions and help you decide where to go for care. Call **866-220-4849**.

Call Anthem Member Services

If you have questions about your benefits, call Member Services at **866-418-7749**, Monday through Friday, from 8 a.m. to 8 p.m. ET.

Access My Health Records

View and download your health information and electronic medical records right from your computer. Log in to your account on anthem.com, and under the *Care* tab, choose **My Health Records**.