



Anthem understands these are challenging times. Entertaining a family, homeschooling, putting food on the table, staying positive, seeking simple medical care and keeping your well-being in check make this a unique balancing act.

We are hard at work surrounding all of our members with supportive programs. Below is a list of programs currently available to you and your family.



Sydney Health – Artificial Intelligence based mobile app which makes it easy to access all your Anthem benefits, find doctors near you, set healthy action plans, watch exercise videos, track your progress toward health goals, earn badges and more. You can even get your member ID (and those of your covered dependents) card right from the Sydney Health app. Available to all covered members, 18 years of age and older. Download Sydney Health through your app store.



Sydney Care – The free Sydney Care mobile app is a quick and easy way to get health answers – without leaving home. The app includes a Coronavirus Assessment tool that’s designed to help you check your potential risk in just minutes.

You can assess your symptoms, and then, if you choose to, the app will connect you to a doctor through a LiveHealth Online video session or a Virtual Care text session right from your phone. The doctor you chat with or see can evaluate your symptoms, help you understand whether you’re at risk for COVID-19, and tell you if you should visit a local health care provider in person for testing.

Available for free to the community through major app stores.



LiveHealth Online lets you have a video visit with a board-certified doctor using your smartphone, tablet, or computer with a webcam. No appointment, no driving or waiting at an urgent care center. Doctors are available 24/7 to assess your condition and if it’s needed, they can send a prescription to your local pharmacy.

Use LiveHealth Online if you have pinkeye, a cold, the flu, a fever, rashes, allergies or another common health condition. It’s fast, easy and convenient. LiveHealth Online is available to all members and non-members, though medical benefits are only processed for Anthem members. Access LiveHealth Online through Sydney Health or by downloading the app through your app store.



We understand at times like this it is easy to get overwhelmed. That’s why your health coverage includes access to **myStrength**, a great online resource to help you fight stress and keep your emotional health and well-being on track. Available to all covered members, access myStrength through the Sydney Health app or [Anthem.com](https://www.anthem.com).



Anthem EAP Anthem EAP website offers a variety of tools and resources including emotional support, legal and financial information, articles and tip sheets to help with everyday needs and information on child and elder care resources. Visit the website for free, confidential information. www.AnthemEAP.com Click on the login button and enter “EAP Can Help.” Anthem has made EAP free to all employees of Anthem covered groups for a limited time during the COVID-19 pandemic.



In order to make it easy for people to find important social services during this time of great need, Anthem has partnered with **Aunt Bertha**, a leading social care network, which helps connect individuals and families to free and reduced-cost social services in their communities. These programs include COVID-19-specific assistance, such as food delivery and help paying for bills. All consumers can access the more than 350,000 programs, which are available in every zip code across the U.S.



Free digital hub to help members with the stress resulting from COVID-19. This hub brings together a variety of resources to help members cope with social isolation, job loss and mental health issues. Visit <https://psychhub.com/covid-19/>



Volunteer Opportunities – Firefighters, police, EMTs, grocery store staff and other essential workers need masks. This [YouTube video](#) shows how to make a homemade mask. This mask is not meant to be a substitute for an N95 or other medical mask. It is only meant to help preserve masks in this time of shortage and should not be relied upon in situations where an N95 mask is needed. Also, note that this mask is not airtight like the N95 and the filter used is not the quality or grade of an N95. Please keep these things in mind and stay safe.

[JoAnn Fabrics patterns](#)

Please check with your local municipality, health systems, grocery store or other local business to determine their delivery and packaging preferences.



[Locate A COVID-19 Testing Site](#) - Not everyone needs to be tested for COVID-19. Testing is still mostly reserved for people who likely have the disease. Priority is given to people displaying symptoms; anyone at high risk for complications, as well as essential workers, particularly those in health care. If your doctor orders a test for you, you can easily find your nearest test facility just by entering your state and country.