



Personal support is here for you

You don't have to take on your health goals alone. Our Behavioral Health Case Management program is here to help you and your loved ones manage your behavioral health condition every step of the way.

This service will pair you with a case manager — they will be your personal advocate as you partner to work through any concerns, big or small. All of our case managers are licensed mental health professionals who are trained to help you take control of your health. Together, you will take steps to improve your mental well-being and quality of life.

What to expect

- During your first call, your case manager will ask you about the care you are receiving and what you hope to achieve. After that, you'll make a plan together that will empower you to reach your goals.
- Your case manager will work with your doctor to make sure you're receiving the right care. They can also connect you with helpful local and online resources, and confirm you're taking advantage of all the benefits your health plan offers.
- They'll stay in touch as you work toward your goals. You can talk through any issues you're facing along the way.

If you want to learn more about our Behavioral Health Case Management program, please call Member Services at the number located on the back of your ID card.



Change your mind. Change your life.™

Your Behavioral Health Case Management program also includes access to Emotional Well-being Resources, administered by Learn to Live. Emotional Well-being Resources offers digital tools and online programs to help you develop resilience, reduce stress, and practice mindfulness — at no extra cost to you.

To join:

Log in to [anthem.com](https://www.anthem.com), go to **My Health Dashboard**, choose **Programs**, and select **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.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.