

# Emotional Well-being Resources

Self-help digital tools to support you anytime, anywhere

With **Emotional Well-being Resources**, you have access to support that can help you and your household live your happiest, healthiest lives.

You'll learn effective ways to identify thoughts and behavior patterns and how to manage:

- Anxiety
- Depression
- Sleep issues
- Panic
- Social anxiety
- Stress
- Drug and alcohol use
- Worry

## A proven system to support you every step of the way

Built on Cognitive Behavioral Therapy (CBT), these resources can help you change behaviors that aren't serving you.



### Access personalized, one-on-one coaching.

Team up with an experienced coach for support and encouragement over email, text, or phone.



### Practice mindfulness on the go.

Get weekly text messages with positivity, quick tips, and exercises that can help improve your mood.



### Build a support team.

Add friends or family as "Teammates" to help you stay motivated while you work through programs.



### Attend live and on-demand webinars.

Learn how to improve your mental well-being with useful tips and advice from experts.

## Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access Emotional Well-being Resources:

- Log in to **anthem.com**, go to *My Health Dashboard* tab, choose **Featured Programs**, and select **View All**.
- Download the **Sydney<sup>SM</sup> Health app**, choose **Menu**, and select **My Health Dashboard**. Go to *Featured Programs* and choose **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.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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