

# Connect with virtual support using Sydney Health or [anthem.com/ca](https://www.anthem.com/ca)

Now you can connect more easily to the care you need through the Sydney Health mobile app or [anthem.com/ca](https://www.anthem.com/ca). Have a live video visit with a board-certified doctor, therapist, psychiatrist, or lactation consultant on your mobile device or computer with a camera.

## Visit with a doctor for common health conditions

Doctors are available on demand 24/7 with no appointments or long wait times. During an online video visit, doctors can assess your condition, give medical advice, and send prescriptions to the pharmacy of your choice, if needed.<sup>1</sup>

## Connect with mental health support from home

If you're feeling anxious, depressed, or having trouble coping with problems at home or at work, you can talk with a therapist online. In most cases, you can set up a secure visit seven days a week.<sup>2</sup> You can also schedule a visit with a psychiatrist for support on managing your medication.<sup>3</sup>

## Future Moms with breastfeeding support

You can schedule live video visits with a lactation consultant, counselor, or registered dietitian experienced in providing support on lactation and nutrition. These online visits are part of the Future Moms program, so they're available to you and your family members at no extra cost.

## See a sleep specialist

Connect with board-certified sleep specialists who can diagnose and manage a wide range of sleep disorders. They can design treatment plans to help you sleep better and improve your overall health.

## Consult an allergy specialist

Finding relief from your allergy symptoms is now simpler and more convenient. Schedule a video visit with a board-certified doctor who specializes in allergies and knows the latest allergy treatments.

### What people say about online visits<sup>4</sup>



96%

Said the person they saw (provider) was professional and helpful



96%

Felt provider understood their concerns



94%

Were able to book a virtual visit sooner than an in-person visit

Download Sydney Health or sign up at [anthem.com/ca](https://www.anthem.com/ca) today to connect with support when you need it most.

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

<sup>2</sup> Appointments subject to availability of a therapist.

<sup>3</sup> Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using Sydney Health. Psychiatrists on Sydney Health will not offer counseling or talk therapy.

<sup>4</sup> Based on Sydney Health utilization trends from top 10 national clients.

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

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