

NO-COST RESOURCES AND SOCIAL SUPPORT TOOLS TO HELP NAVIGATE COVID-19



[MENTAL HEALTH RESOURCE HUB](#)

During this time, it's normal if you want a little extra support to help you with the way you're feeling. Our partners at PsychHub are here to help you through social isolation, job loss and mental health issues from the COVID-19 pandemic.



[COVERAGE OPTIONS FOR DISPLACED EMPLOYEES](#)

If you've been displaced from your job, you have coverage options available during this challenging time. No matter what your budget or care needs are, the COVID-19 Coverage Option Hotline can help support you. Call [1-888-832-2583](tel:1-888-832-2583) between 8:30 a.m. and 8 p.m. ET, Monday through Friday. Have your current income level and ZIP ready, and a representative will assist you.



[FIND LOCAL SOCIAL SUPPORT SERVICES](#)

Right now, many people need help with food, housing, job training, transportation and social services. Aunt Bertha, a social care network, can help you find free and reduced-cost programs providing COVID-19 support and resources in your area.



[SYDNEY CARE COVID-19 SUPPORT](#)

We have created support tools to help you quickly understand your potential risk for COVID-19. The Sydney Care mobile app's new Coronavirus Assessment tool gives you a quick and easy way to assess your symptoms and find a testing facility in your area. Sydney Care is free and available on your mobile device through Google Play™ or the App Store®, and works together with your Sydney Health or Engage Wellbeing apps.



[SYMPTOM ASSESSMENT](#)

It's normal to wonder about symptoms you may be experiencing. This tool asks you five simple questions based on guidelines from the Centers for Disease Control and Prevention to help you understand what your symptoms mean.



[LOCATE A COVID-19 TESTING FACILITY](#)

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 county.



Anthem is extending coverage for COVID-19 care

Peace of mind is an important part of your health and well-being. We want you to feel secure knowing your Anthem health plan has you covered, and we are committed to providing you with the support and resources you need to protect you and your family.

We are extending your coverage for COVID-19 care through December 31, 2020

If you or anyone on your health plan needs to be treated for COVID-19, your benefits will cover the care with no copays or cost-sharing as long as you receive treatment from doctors, hospitals, and other health-care professionals in your plan's network.

We are extending your coverage for care from home

Telehealth doctor visits give you access to care without leaving your home. Telehealth visits with health-care providers in your plan's network are covered at no cost to you through September 13, 2020. This includes visits that are not related to COVID-19. Ask your doctor if they offer telehealth visits.

The Virtual Care text feature on the [Sydney Care mobile app](#) allows you to chat with a doctor. Your first two text sessions are free through December 31, 2020. Additional text visits are \$19 each.

Supporting your whole health and peace of mind

Taking care of your emotional health is important during this stressful time. As an Anthem member, you have access to a wide range of online resources to help you and your family members address emotional health and life challenges:

- [Psych Hub](#) offers resources to help with pandemic-related stress such as social isolation, coping with grief and loss, and other mental-health issues.
- Anthem EAP offers counseling and helpful online resources, including seminars, practical tips, and links to health organization websites. For more information, log in to [AnthemEAP.com](#) and use the company code **Anthem** or call 877-361-7974.

The health of our members is a top priority. We are making changes to support you so you can get the care you need. If you need help finding care or have questions about your benefits, visit our [website](#) or call us at the Member Services number on your ID card.