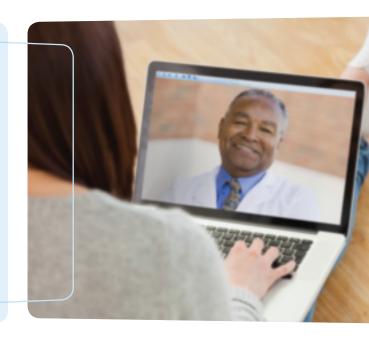
At home or on the go, doctors and mental health professionals are here for you.

Using LiveHealth Online, you can have a private video visit on your smartphone, tablet or computer.



When you're not feeling well you can get the support you need easily using LiveHealth Online. Whether you have a cold, you're feeling anxious or need help managing your medication, doctors and mental health professionals are right there, ready to help you feel your best. Using LiveHealth Online you can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet or computer from home or anywhere.

On LiveHealth Online, you can:

- See a board-certified doctor 24/7. You don't need an
 appointment to see a doctor. They're always available to
 assess your condition and send a prescription to the
 pharmacy you choose, if needed.¹ It's a great option when
 you have pink eye, a cold, the flu, a fever, allergies, a sinus
 infection or another common health issue.
- Visit a licensed therapist in four days or less.² Have a video visit with a therapist to get help with anxiety, depression, grief, panic attacks and more. Schedule your appointment online or call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.
- Consult a board-certified psychiatrist within two weeks.³ If you're over 18 years old, you can get medication support to help you manage a mental health condition. To schedule your appointment call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.

You've got access to affordable and convenient care

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$59 or less for medical doctor visits, and a 45-minute therapy or psychiatry session usually costs the same as an office mental health visit.

Sign up for LiveHealth Online today – it's quick and easy

Go to **livehealthonline.com** or download the app and register on your phone or tablet.





See a Spanish-speaking doctor with Cuidado Médico on LiveHealth Online





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 1-800-784-2433 (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. LiveHealth Online does not offer emergency services.

If you're a retiree or have coverage that complements your Medicare benefits, your employer sponsored health plan may not include coverage for online visits using LiveHealth Online. Check your plan documents for details. You can still use LiveHealth Online, but you may have to pay the full cost of a visit. Online visits using LiveHealth Online may not be a covered benefit for HRA and HIA+ members.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

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 Blue Chross and blue Shelied is the Table Blue The Includedur Chroy Would all mixed with each service, inc. How products unlet written by HMC coloration, inc. Copies of Couldard in Eventy Acadess plants are advantagle of requires troin minemers are advantagle of requires troin minemers are advantagle of requires troin minemers are advantagle of the finance and the company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and Indian and underwritten by HALIC and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and Indian and Indian administer on-HMO benefits underwritten by HALIC and Indian administer expert of the Firm of the Chrosological Service, in C. HMO products underwritten by HMD Colorado, inc., do hat HMO Nevada. In New Hampshire, after the Health Plans of New Hampshire, inc. HMO plants are administered by Anthem Health Plans of New Hampshire, inc. and underwritten by HMC Morado, inc., and the area east of State Route 123. In Wisconsin: Blue Chross 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 Chross Blue Shield of Wisconsin (BCGSWII), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies of offered by Compare Health Services Insurance Corporation (Compare) of Wisconsin Collaborative Insurance Corporation (WCIC). Compare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Chross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

¹ Prescription availability is defined by physician judgment and state regulations. Visit the home page of livehealthonline.com to view the service map by state.
2 Appointments subject to availability of a therapist.
3 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Appointments subject to availability.