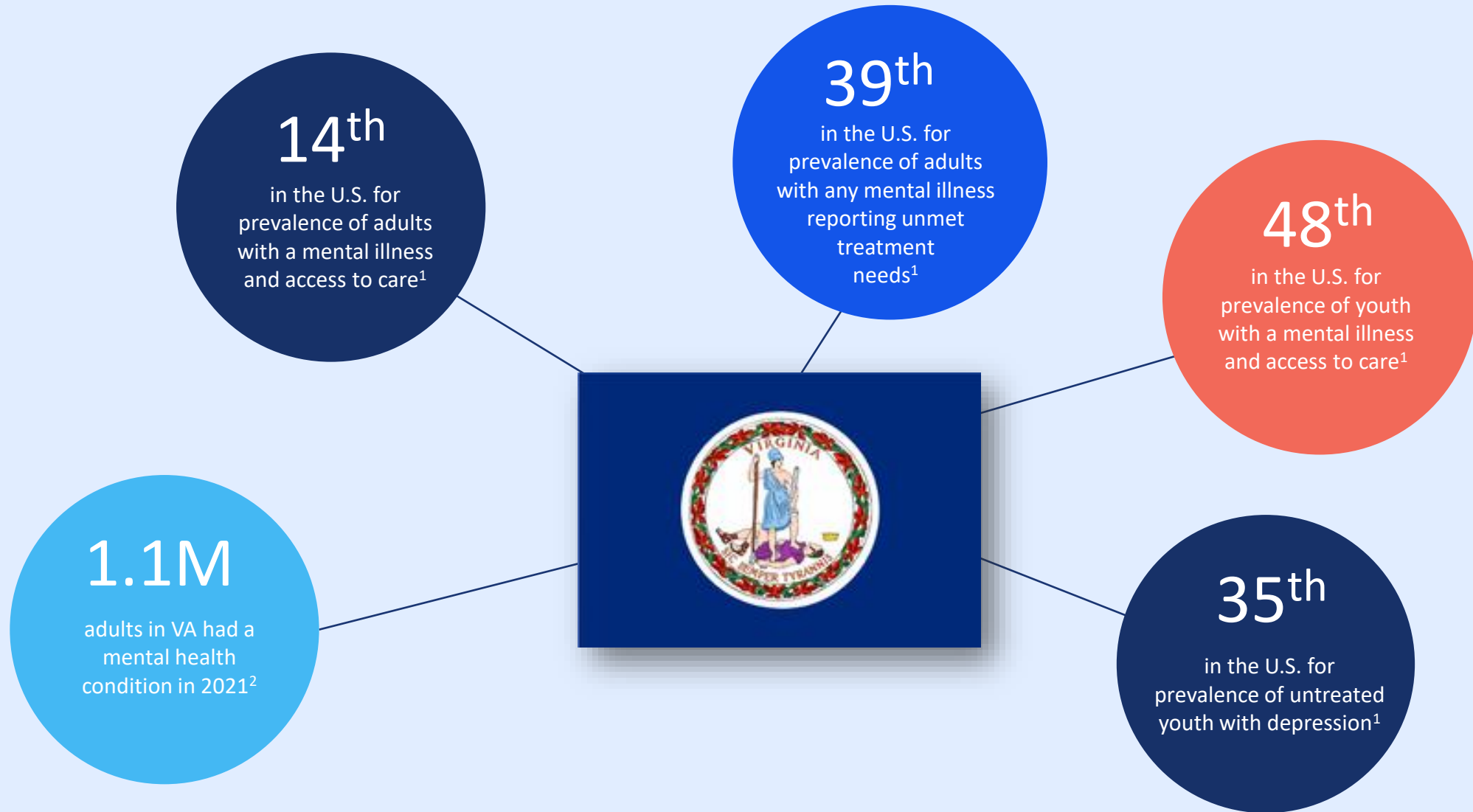




# Your lifetime, trusted health partner

Helping your employees find the right care at  
the right time with our behavioral, clinical, and  
digital platforms

# The state of mental health in Virginia



1 Mental Health in America 2023 <https://mhanational.org/sites/default/files/2023-State-of-Mental-Health-in-America-Report.pdf>

2 National Alliance on Mental Illness. <https://www.nami.org/wp-content/uploads/2023/07/VirginiaStateFactSheet.pdf>

# Unparalleled network breadth and depth

## Strengthening one of the nation's most sophisticated behavioral health networks.

**460,000 professionals nationally<sup>1</sup>**

- 13,560 in Virginia<sup>1</sup>

**27,000 facilities nationally<sup>1</sup>**

- 309 facilities in Virginia<sup>2</sup>

**Over 370 Blue Distinction Centers for Substance Use Treatment and Recovery across the U.S.<sup>3</sup>**

- Four in Virginia<sup>3</sup>

**We're launching new virtual care solution that create more options for members including**

- Therapy and psychiatric service
- Support for specialized needs



<sup>1</sup>BCBSA Network figures April 2024

<sup>2</sup>BCBSA Network figures December 2023

<sup>3</sup>Blue Cross Blue Shield Association <https://www.bcbs.com/about-us/capabilities-initiatives/blue-distinction/blue-distinction-specialty-care#substance-use>

# Anthem's behavioral health network transforms access

Over the last few years, rising cases of anxiety, depression, and burnout suggest that people may need more behavioral health support in the workplace. In fact, making mental health a top priority in the workplace is more crucial than ever.<sup>1</sup>

Anthem Blue Cross and Blue Shield is your champion, making it easier for employees to live their healthiest lives, prioritizing mental health and emotional well-being. That starts with expanding and strengthening one of the nation's most sophisticated behavioral healthcare provider networks.

**52.9M**



U.S. adults have a  
mental health  
condition<sup>2</sup>

**460K+**

behavioral health  
professionals across  
the U.S.<sup>3</sup>

Approximately

**2x larger**

behavioral health network  
than our competitors<sup>4</sup>

In 2022, no

**less than 85%**

of our providers were  
accepting new patients<sup>5</sup>

<sup>1</sup> American Psychological Association: *Why mental health needs to be a top priority in the workplace* (April 21, 2023): [apa.org](https://www.apa.org).

<sup>2</sup> National Institute of Mental Health: *Mental Illness* (accessed April 2023): [nimh.nih.gov/health/statistics/mental-illness](https://www.nimh.nih.gov/health/statistics/mental-illness).

<sup>3</sup> Blue Cross Blue Shield Association data, March 2023.

<sup>4</sup> Comparing Blue Cross Blue Shield Association 2022 network data vs. same period competitive data from

<sup>5</sup> Internal data, monthly directory accuracy outreach survey, January - March 2023.

# Virtual and In Home Behavioral Health Solutions

## (In-Network Provider Partners)



**Virtual via Sydney App**  
**18+ yrs of age (psychiatry) and**  
**10+ yrs of age (psychology)**

General behavioral health conditions including stress, depression, life transitions, grief, anxiety, coping with illness, relationship troubles and panic attacks.



**Virtual & In Home**  
**13+ yrs of age**  
**Aspire-365.com**

Mental health, substance use disorder, and co-occurring disorders treatment. Services are delivered through a combination of in-person and telehealth sessions.



**Virtual & In Person**  
**1+ yrs of age**  
**headway.com**

Therapy services and medication management. Easy to use scheduling platform and average new patient appointments are available in less than 5 days.

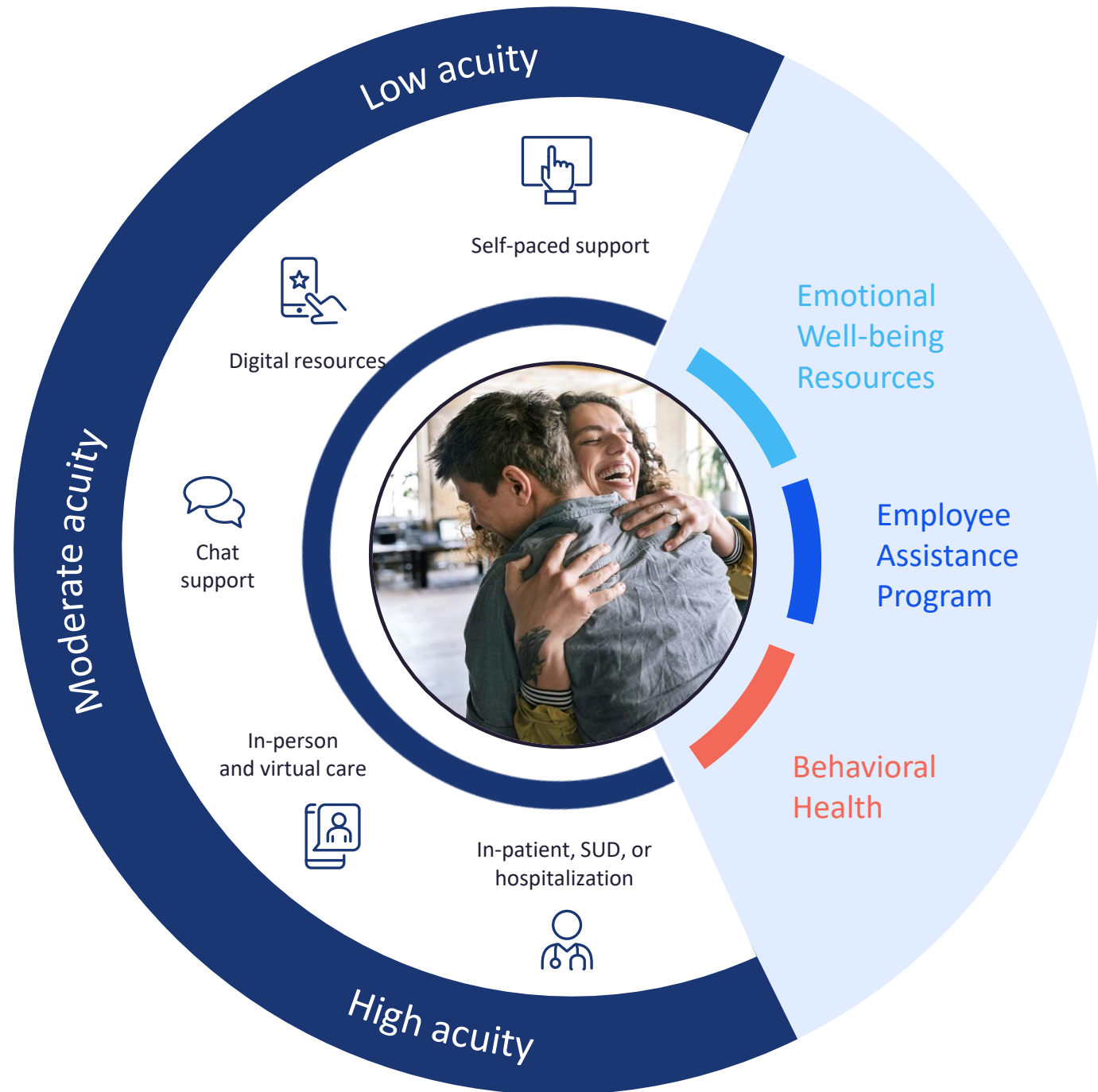


**Virtual & In Person**  
**5+ yrs of age**  
**rula.com**

General behavioral health conditions, services include individual therapy, medication management, couples therapy, family therapy and psychiatric care. Includes online scheduling platform.

# Comprehensive solutions to serve complex needs

Connecting individuals to customized programs and personalized treatment to meet their unique needs before, during, and after physical and mental health events



# Our Employee Assistance Program delivers meaningful connections to you and your employees

Our basic and enhanced solutions offer support to help individuals manage life’s challenges.

## The results:

Our EAP model improves employee engagement, productivity, and satisfaction, with 86% of participants saying their work performance and productivity has improved.\*



Member support

**24/7 phone assistance** for personal and organizational crisis events

**Counseling visits** – in person, by phone, or virtually

**Work/life services** to meet employees’ everyday needs like legal, financial, child/elder care support

**Digital tools**, including Emotional Well-being Resources

**Guidance** on engaging with behavioral health services



Employer services

**Trainings** for managers, Human Resources (HR) staff, and employees

**Critical incident response (CIR)** services

**Management consultations** for supervisor and manager referrals

**Designated EAP client consultant** and substance use policy consultation

\* Anthem EAP Satisfaction Survey, 2020.