

Employee Mental Health Resource Guide

For Anthem Members

Covered services include diagnosis and treatment for mental health or substance use disorder conditions.

You pay any applicable deductibles, coinsurance or copays based on your specific [medical plan](#).

To find the right behavioral health care for you or a covered dependent, contact **Anthem's 24/7 Behavioral Health Resources:**
1-855-873-4932

***Note:** This number is listed on the back of your medical card*



New for 2026, on all plans: Visits for virtual in-network behavioral health providers are covered at 100% (some specialty exclusions may apply).

DID YOU KNOW?



You can access provider networks through the **Sydney app!**

Or call your **Family Advocate**
833-831-0085

Additional Free Resources Include:

LiveHealth Online Psychology & Psychiatry

Online short-term counseling sessions to address work/life balance.

Employee Assistance Program (EAP)

Call 800-346-5484 or visit [anthem.com](#) and enter **code: VBA**. Receive up to 4 free in-person visits per issue, per year.