

Virtual care and treatment for mental and behavioral health

When it comes to your overall health and well-being, your mental health matters as much as your physical health. Anthem is deeply committed to supporting your whole health — in both mind and body — so you can live your healthiest. That's why your health plan covers programs for you and your covered dependents with virtual access to care and treatment from home for specific behavioral health needs, including:



Eating disorders



Mental health disorders



Substance use disorders

Your health plan supports long-lasting recovery

You can count on mental and behavioral health programs that are:

- Backed by highly trained professionals in one of the nation's largest behavioral health networks.
- Managed alongside other medical and social needs.
- Accessible by text, video, and phone from the comfort and convenience of home.
- Coordinated by teams of experts to address complete physical, social, and behavioral well-being.



Why mental and behavioral health matters

Mental and behavioral health issues impact physical health and drive medical costs for millions of Americans:

57.8 M

U.S. adults have a mental health condition.¹

33.3%

of people with an ongoing physical health condition also have a behavioral health condition.²

Behavioral health is the **6th** highest driver of medical costs.³



Eating disorders

Provided by **Equip**

This program treats and supports children, teens, and adults with eating disorders, as well as anxiety, depression, obsessive-compulsive disorder (OCD), and other conditions that they may experience at the same time. The program uses:

- A dedicated team, including a therapist, dietitian, medical doctor, and family mentor.
- Care based on research and real patient experience.
- Virtual care delivered via online or mobile phone video.
- Treatment adapted to an individual's real-life situation and needs.

92%

of patients

in the program are getting better with comprehensive healthcare received at home.⁴

Learn more by visiting equip.health/our-treatment or scanning this QR code with your phone's camera.



Mental health disorders

Provided by **Aspire365**

This program provides in-home treatment for clients with mental health and substance use disorders, plus care for other behavioral disorders that they may have at the same time, through:

- Personalized, 12-month one-on-one care for individuals aged 12 and older.
- Flexible choice of at-home, in-person, and telehealth sessions.
- A recovery support team of professionals with a range of expertise.

More than 70%

of clients who complete in-home treatment go on to meet their mental health and sobriety goals.⁵

Your mental health recovery support team

- ✓ Psychiatrist
- ✓ Case manager
- ✓ Individual and family therapists
- ✓ Peer support/life coaches
- ✓ Registered nurse

Learn more by visiting aspire-365.com or scanning this QR code with your phone's camera.



Substance use disorders

Provided by **Aware Recovery Care**

Aware Recovery Connecticut brings care and treatment to you at home, an innovative approach that helps patients:

- Feel more at ease in familiar surroundings.
- Avoid travel, schedule conflicts, or transportation issues.
- Follow a treatment plan adapted to daily habits, routines, and potential triggers.
- Gain confidence from emotional support and help with forming new habits and ways to cope.
- Involve loved ones to learn about substance use disorder and how to support the journey to recovery.

More than 78%

of participants were drug and alcohol free at 90 days, based on urinalysis toxicology screens.⁶

Your Aware Recovery Care home team

- ✓ Medical director
- ✓ Psychiatric doctor
- ✓ Care coordinator
- ✓ Client recovery advisor
- ✓ Family education facilitator
- ✓ Family wellness therapist
- ✓ Internal psychotherapist

Learn more by visiting awarerecoverycare.com/how-we-help or scanning this QR code with your phone's camera.



¹ National Institute of Mental Health: *Mental Illness* (accessed March 2023); nimh.nih.gov.
² Anthem internal data, commercial 12 months between July 2021 and June 2022.
³ Anthem internal data, commercial rolling 12 months claims from December 2021 to November 2022 with runoff through December 2022.
⁴ Equip clinical survey data about progress toward weight restoration, 2023.
⁵ Aspire365: *Chronic Treatment Success* (accessed August 2023); aspire-365.com.
⁶ Aware Recovery Care: *How we help* (accessed October 2023); awarerecoverycare.com.

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