



# Get care from anywhere

Virtual visits on LiveHealth Online are an included benefit for Anthem medical plan members

## Get the care you need, virtually.

Looking for a quick and easy way to get care? With LiveHealth Online, you can access telehealth visits from anywhere. All you need is a smartphone, tablet, or computer!

### Care options available to you through LiveHealth Online:



**Annual Wellness.** Visits with primary care providers who can help with preventative screenings, chronic health concerns, follow-up care, and referrals for lab work and specialists as clinically appropriate.



**Primary Care.** Get regular health visits and checkups with virtual primary care. It's like an office visit with a primary care provider (PCP) — without the office. You can even choose to see a network PCP regularly, so you have the same provider taking care of you over time.



**Urgent Care.** Get care 24/7 for common health issues, including allergies, COVID-19 symptoms, the flu, sinus infections, and UTIs. Physicians assess your symptoms, provide a treatment plan, and send prescriptions to the pharmacy of your choice when needed.



**Therapy and Psychiatry.** See a therapist online from the comfort of your couch to get help for anxiety, depression, panic attacks, stress relief, and more. Psychiatrists are also available by appointment and can prescribe medication when



**Sword Bloom: Women's Pelvic Health.** At-home pelvic therapy for bladder issues, bowel dysfunction, and pelvic pain. Bloom gives women relief with an easy-to-use program that helps improve comfort and long-term pelvic health.



**Sword Thrive: Healthy Back and Joints Program.** Digital physical therapy for back, joint, and muscle pain. Your licensed physical therapist designs a custom plan and provides a free digital kit and check-ins to help you reduce pain and move with ease.



Sign up for free today! Available through the Sydney<sup>SM</sup> Health and LiveHealth Online apps, or [Anthem.com](https://www.anthem.com) and [LiveHealthOnline.com](https://www.LiveHealthOnline.com)

