



## Anthem is extending coverage for COVID-19 care

Peace of mind is an important part of your health and well-being. We want you to feel secure knowing your Anthem health plan has you covered, and we are committed to providing you with the support and resources you need to protect you and your family.

### **We are extending your coverage for COVID-19 care through December 31, 2020**

If you or anyone on your health plan needs to be treated for COVID-19, your benefits will cover the care with no copays or cost-sharing as long as you receive treatment from doctors, hospitals, and other health-care professionals in your plan's network.

### **We are extending your coverage for care from home**

Telehealth doctor visits give you access to care without leaving your home. Telehealth visits with health-care providers in your plan's network are covered at no cost to you through September 13, 2020. This includes visits that are not related to COVID-19. Ask your doctor if they offer telehealth visits.

The Virtual Care text feature on the [Sydney Care mobile app](#) allows you to chat with a doctor. Your first two text sessions are free through December 31, 2020. Additional text visits are \$19 each.

### **Supporting your whole health and peace of mind**

Taking care of your emotional health is important during this stressful time. As an Anthem member, you have access to a wide range of online resources to help you and your family members address emotional health and life challenges:

- [Psych Hub](#) offers resources to help with pandemic-related stress such as social isolation, coping with grief and loss, and other mental-health issues.
- [AnthemEAP.com](#) offers helpful resources, including online seminars, practical tips, and links to health organization websites. It is available to all members through June 30, 2020. To log in, use the company code **EAP Can Help**.

The health of our members is a top priority. We are making changes to support you so you can get the care you need. If you need help finding care or have questions about your benefits, visit our [website](#) or call us at the Member Services number on your ID card.

**Please don't reply to this email. We want to help you, but these messages aren't monitored.** If you have questions, please use our [secure Message Center](#). It's the quickest and safest way to contact us.

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