

SUBJECT LINE: Your mental health matters to your whole health

Explore the mental health and well-being tools your plan offers.

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Make your mental health and well-being a top priority

[Explore our resources](#)

Your mental health is part of your total wellness. It impacts everything in your life, from your physical health to your relationships, your ability to work, the choices you make, and your quality of life. That's why it's so important to take care of your mental health.

Your health plan comes with tools to support the whole you — mind, body, and spirit



[Emotional well-being resources](#) are here when you need them

Life can be challenging. Your health plan provides tools to help you through the tough times — from practicing mindfulness to handling stress, anxiety, and depression. You can even get one-on-one coaching. Connect with these resources on the [SydneySM Health](#) mobile app or [anthem.com](#).



[Take a walk with NAMI](#) to relieve stress and boost your mood

Walking is one of the best and easiest self-care tools. Join the National Alliance on Mental Illness (NAMI) for their [NAMIWalks Your Way 2023](#) event and help shed light on the importance of mental health.



[Lean on your health plan](#) for mental health support

Taking care of your mental health may mean getting professional help. Find mental healthcare providers in your plan on the [Sydney Health](#) app or [anthem.com](#).

Your mental health matters

Your health plan comes with tools to support your mental health and help family members and friends who may be struggling. [Explore these resources](#).

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Yes



No

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1040351MUMENABS 02/23