

# Emotional Well-being Resources

Support for your well-being goals



## Digital tools available anywhere, anytime

Your emotional well-being is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can learn effective ways to manage:

- Stress
- Worry
- Depression
- Sleep issues
- Anxiety
- Panic
- Drug and alcohol use
- Social anxiety

Complete an assessment and enroll in a program to get started. Work toward your goals with someone who can guide and support you along the way.

## Extra motivation starts with a coach and teammates



### Adding a coach can lead to more program success:<sup>1</sup>

Our experienced coaches keep all your information confidential. They are trained to guide you through your program and offer personalized suggestions to help you reach your emotional well-being goals. A coach can:

- Offer education, practical and personal support, and tips to make lessons easier to follow.<sup>2</sup>
- Provide ways to overcome obstacles and help ease stress.<sup>3</sup>



### Another great option: select teammates

You can also add one or two friends and family — or even your therapist — as your teammates. They can cheer you on as you move through the programs and keep you motivated. Your teammates don't see all your program details, just the progress you're making.

## Start building your support team

To access Emotional Well-being Resources:

Visit and enter your company code to log in: .

Download the Sydney<sup>SM</sup> Health app, choose **Menu**, select **My Health Dashboard**, go to **Featured Programs**, and choose **Emotional Well-being Resources**.

Log in to [anthem.com/ca](https://anthem.com/ca), go to **My Health Dashboard**, choose **Programs**, and select **Emotional Well-being Resources**.

<sup>1</sup> Learn to Live internal data.

<sup>2</sup> U.S. National Library of Medicine: *A Qualitative Study of How Health Coaches Support Patients in Making Health-Related Decisions and Behavioral Changes* (accessed March 2023): [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov).

<sup>3</sup> U.S. National Library of Medicine: *Social support moderates stress effects on depression* (accessed March 2023): [ncbi.nlm.nih.gov](https://ncbi.nlm.nih.gov).

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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