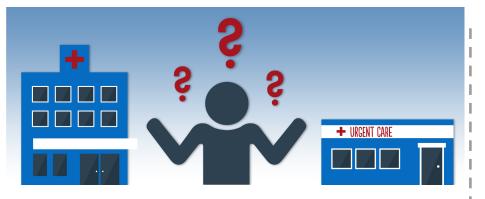
Bears Be Well

TAKE CHARGE OF YOUR HEALTH



This month's wellness topic is Appropriate Place of Care.

The focus is to ensure you know the best and most appropriate place to seek care when you need it.

Do you know what to do if you or a loved one gets injured or sick unexpectantly? Do you know the options and tools that you have available to help you decide where to go for care?

Check out this month's information about the Appropriate Place of Care with online tools from Anthem as well as a humorous look at how serious your situation really is – and the best place to go for appropriate care.

Where to Get Care

Anthem- Where Should I Go for Treatment *Page 2*

How to Find Care Through Anthem Sydney Health App and Anthem Website Page 3

Horan- Where to Go for Care Scenarios *Page 4*

October is Depression Awareness Month

Impact Solutions EAP Newsletter-Mental Health-Depression Awareness Page 8

MONTHLY EVENTS:

Health Clinic

Depression Screening (PHQ-9) October 11th- 13th

Breast Exams

October 25th - 29th

Schedule an Exam now by clicking here

REMINDER:

Preventative **Health** Challenge

Employee's who complete their annual Primary Care visit and exam will have a chance to receive an incentive!!







Treatment Option	What to Expect	Commonly Treated Conditions
LiveHealth Online Visit <u>www.livehealthonline.com</u> or download the LiveHealth Online app	24/7, on-demand, live video chat with licensed Doctors	Illness that can be treated with a short term treatment plan, prescription or over-the-counter medication such as: sinus infection, pink eye, stomach flu, strep throat, cold sores, rashes, urinary tract infections, etc.
Convenience Clinic	Walk-in clinic staffed by a Nurse Practitioner or Physician's Assistant, located in most drug stores and supermarkets	Non-life threatening conditions such as colds or flu, sore throat, ear infections, pink eye, minor back pain, vaccinations including flu shots, short term prescriptions, etc.
Urgent Care	Walk-in clinic, can save time and money compared to an ER, many are open 24-hours/day, weekends or offer early and late hours	Minor cuts or burns, insect bites, sprains, minor broken bones, rashes, allergic reactions, asthma or wheezing, infections, x-rays, etc.
Emergency Room (ER) Call 911	24/7 at the hospital for medical emergencies, to be used if your life or health is in danger	Major cuts or burns, spinal injuries, sudden weaknesses or trouble speaking, major broken bones or heavy bleeding, chest pain, severe head injuries, sudden change in vision, shortness of breath, etc.





Finding care options is now easier

Our Find Care tool helps you find doctors and compare costs

Choosing a provider who is right for you makes a difference — and choosing a provider in your plan can help keep your costs under control. You can easily find high-quality, cost-effective care using our Find Care tool on the Sydney Health mobile app or anthem.com.

How you can use Find Care

The Find Care tool brings together details about doctors, hospitals, labs and other health care facilities in your plan. You can easily compare what's important to you, like cost, location and office hours. Find Care helps you:



Search for providers and facilities in your plan by name, specialty or procedure.



Compare costs for health care services based on your plan.



Find providers near you and explore virtual care options.



Review details about doctors, such as their specialties, gender, languages spoken and contact information.

Choose with confidence

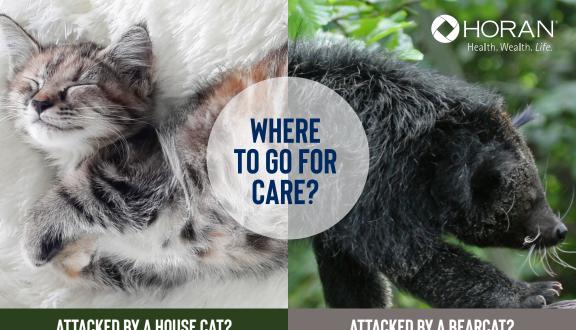
You can start using **Find Care** by downloading the Sydney Health app to your mobile device or logging in to **anthem.com**. Select **Find Care** and the tool will guide you through the steps.

We're ready to help you

If you have questions, you can reach us using the interactive chat feature on the Sydney Health app or through the Message Center on **anthem.com**.

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ATTACKED BY A HOUSE CAT? VISIT AN URGENT CARE.

ATTACKED BY A BEARCAT? VISIT AN EMERGENCY ROOM.

Tune in to *Benefits: What, Like it's Hard?*—a podcast that breaksdown the truths and misconceptions about all things benefits.



WHERE TO GO FOR CARE?





BROKEN FINGER? VISIT AN URGENT CARE.



BROKEN COLLARBONE? VISIT AN EMERGENCY ROOM.



BROKEN HEART? NETFLIX & ICE CREAM.

Tune in to *Benefits: What, Like it's Hard?*—a podcast that breaksdown the truths and misconceptions about all things benefits.







BAD POISON IVY REACTION? VISIT AN URGENT CARE.



BAD CHEMICAL REACTION? VISIT AN EMERGENCY ROOM.



Tune in to *Benefits: What, Like it's Hard?*—a podcast that breaksdown the truths and misconceptions about all things benefits.



- WHERE TO GO FOR CARE?



STUNG BY A JELLY FISH? VISIT AN URGENT CARE.



BIT BY A SHARK? VISIT AN EMERGENCY ROOM.



Tune in to *Benefits: What, Like it's Hard?*—a podcast that breaksdown the truths and misconceptions about all things benefits.





October 2021: Depression Awareness

As October marks Depression Awareness Month and World Mental Health Day is October 10, it is a good time to remind everyone of the help available through your assistance program. With access to mental health sessions and referrals for community resources, your assistance program can help connect anyone in need to support services available. This month's newsletter shares insights and practical strategies on reducing the stigma around mental health and building depression awareness.



In our continued effort to improve content and increase engagement, we are proud to introduce the first of our topical videos as part of the monthly promotional materials for you and your teams. Moving forward, you can look forward to the inclusion of these videos to further highlight our topic of the month!

Employee Newsletter

This month's employee newsletter features the following topic:

• Breaking Down Common Myths About Depression

Download and share.

Click Here To View and Download

Click Here To View and Download in Spanish



Supervisor Newsletter

This month's supervisor newsletter features the following topics:

• 5 Steps To Building Depression Awareness

Download and share.

Click Here To View and Download

Click Here To View and Download in Spanish



Hot Topic Flyer



HOT TOPIC: Shedding The Stigma of Suicide

Each month, you will be provided with a "Hot Topic" flyer covering emerging trends affecting our industry.

Click Here To View and Download

Click Here To View and Download in Spanish

We're Here To Help. Anytime, Anywhere.

Call Toll-Free: 1-800-227-6007