

## Personalized care when you need it most

### How we can help

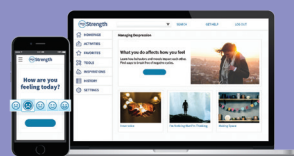
Behavioral health conditions can affect your thinking, feeling and mood – as well as your ability to relate to others and do everyday stuff. Plus, they're often linked to other health problems, such as diabetes and heart disease, and can influence your physical well-being.\*

Research suggests genetics, brain chemistry, environment and lifestyle all play a role in whether someone develops a behavioral health condition, like depression or anxiety.

If you're trying to manage a behavioral health condition, you don't have to do it alone! Our Behavioral Health Case Management programs are here to help you and your loved ones every step of the way.

### Case managers provide support

Our case managers are licensed mental health professionals whose goals are to help you take control of your health care and improve your quality of life. We'll help you succeed with strong support for you and your family.



Your Behavioral Health Case Management program also includes access to myStrength, a free online and mobile resource that supports emotional health and well-being.

To access myStrength, visit [www.anthem.com/ca/mystrength](http://www.anthem.com/ca/mystrength) today.

Your case manager will work with you to:

- Help you and your family understand your condition.
- Develop a personalized plan to help you reach your behavioral health goals.
- Identify and help you overcome hurdles that may be keeping you from reaching your goals.
- Connect with helpful community and online resources.
- Review and coordinate services you get from local and community providers.
- Help ensure you're getting all the benefits available to you under your health plan.
- Become your own advocate.

### Getting started

On your first call together, your case manager will ask you questions to better understand what you're dealing with, where you are in your treatment and what you hope to achieve. After that call, the case manager will begin making a plan to help you meet your goals. He or she will stay in touch with you as you work toward those goals.

If you'd like to learn more about our Behavioral Health Case Management programs, call us toll free at **1-866-785-2789**.

**Anthem** 

\*Centers for Disease Control and Prevention, *Mental Health and Chronic Diseases* (October 2012): [cdc.gov/nationalhealthworksites/docs/Issue-Brief-No-2-Mental-Health-and-Chronic-Disease.pdf](http://cdc.gov/nationalhealthworksites/docs/Issue-Brief-No-2-Mental-Health-and-Chronic-Disease.pdf).

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