

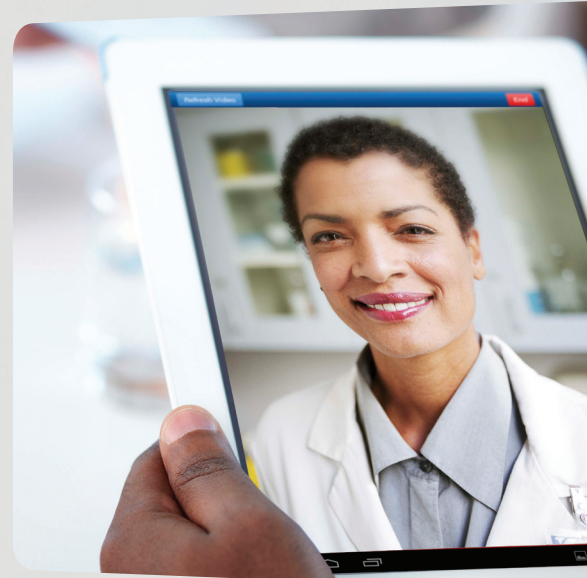


COVA HDHP members - pay \$59 for a LiveHealth Online visit or 20% after deductible!

Access **LiveHealth Online** from your smartphone, tablet or computer, or via the Sydney Health app:

Go to livehealthonline.com or download the Sydney Health app so you'll be ready whenever you need these LiveHealth Online services.

- **LiveHealth Online Medical** – Use your smartphone, tablet or computer to see a board-certified doctor in minutes, any time, day or night. It's a fast, easy way to get care for common medical conditions like the flu, colds, allergies, pink eye, sinus infections, and more.
- **LiveHealth Online Psychology** – Use your device to make an appointment to see a therapist or psychologist online.
- **LiveHealth Online Psychiatry** – Unlike therapists who provide counseling support, psychiatrists can also provide medication management. Use your device to set up a visit online.
- **LiveHealth Online EAP** – You can access your free EAP counseling sessions from your device. Contact your EAP at **1-855-223-9277** to learn more.
- **Lactation Support** – If you're a new mom, use LiveHealth Online for online visits with a lactation consultant, counselor or registered dietitian through the Future Moms with Breastfeeding Support program.
- **LiveHealth Online Healthy Sleep** – Access to virtual sleep specialists that can order at-home sleep evaluations, diagnose sleep disorders and design treatment plans to improve sleep and overall health.



COVA HDHP

COMMONWEALTH OF VIRGINIA

Anthem 

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022

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Access LiveHealth Online today.

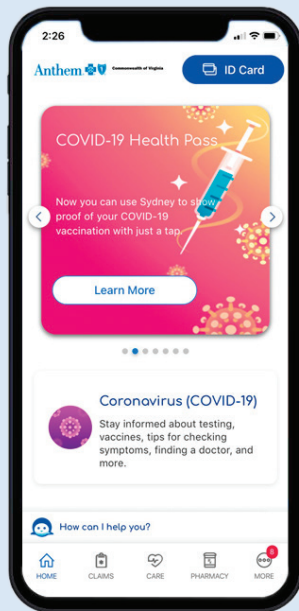
Download the Sydney Health app and look for Video Visit under the Care tab or register online at livehealthonline.com.



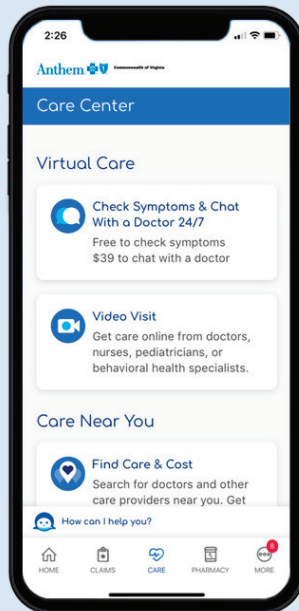
Say hi to Sydney

Health care you can carry in your pocket

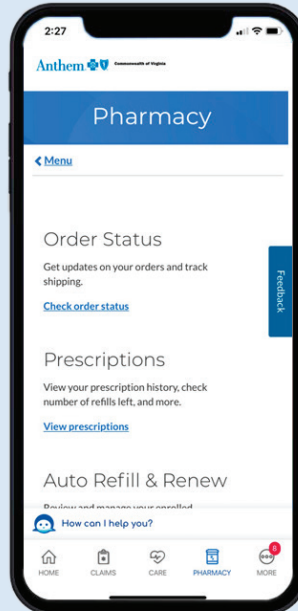
The **Sydney mobile app** acts like a personal health guide, answering your questions and connecting you to the right resources at the right time. And you can use the chatbot to get answers quickly. Just *download the Sydney app from the Apple Store (iOS) or Google Play (Android)* today so you can access your health plan from anywhere, anytime. You'll use the same user name and password that you use on [anthem.com](https://www.anthem.com).



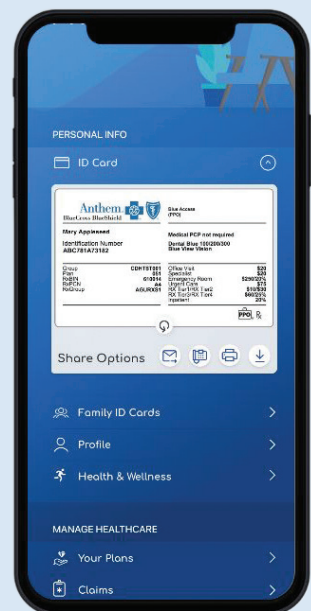
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