Anthem Behavioral Health
An Innovative Approach to Care

Key component of Anthem’s total approach to health and wellbeing

• Comprehensive Behavioral Health Utilization and Case Management services
• Fully integrated with our Medical and Clinical care management teams
• Multiple care touchpoints
• Coordinated approach to program administration
Behavioral Health
Utilization Management (BH UM)

Comprehensive BH UM starts from the first interaction with your members and continues through discharge and beyond. We help them get the right care at the right time and place.

Our BH UM offers:

| Initial review to approve medically necessary care | Continued stay review to ensure progress is being made | Coordinate care between providers | Discharge planning to prevent readmissions |

All delivered in collaboration with our national network of providers
**Behavioral Health**

**Case Management (BH CM)**

Our BH CM services help members meet their health and wellness goals, providing ongoing support and guidance. Services include:

| Comprehensive clinical assessment | Establishment of short and long-term goals | Help Identifying resources and referrals, including providers, community supports, EAP | Engagement with family members and caregivers |

BH CM offers seamless integration with Anthem medical and clinical programs:

| All clinical documentation within one medical management system | Medical and behavioral health staff attend joint daily/weekly rounds | All clinical staff receive weekly rounds with BH Medical Director |
### LiveHealth Online – How we help

#### Provider types
- **Psychiatry**
  - Board Certified Doctors
- **Psychology**
  - Licensed Psychologists and Therapists

#### Benefit offered
- **Psychiatry**
  - Medication, if necessary after evaluation
- **Psychology**
  - Counseling with Psychologists or Therapists

#### Visit length
- **Psychiatry**
  - 30-45 minute initial evaluation.
  - 15 minute follow up sessions if needed for medication review
- **Psychology**
  - 45 minute counseling sessions

#### Average wait time
- **Psychiatry**
  - 14 days or less
- **Psychology**
  - 4 days or less

#### Ages Served
- **Psychiatry**
  - Age 18 and higher
- **Psychology**
  - Age 10 and higher

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*Prescriptions determined to be a “controlled substance” (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online.*

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**One Anthem**
Video visits with in-network licensed Psychologists, Therapists and board certified Psychiatrists

Continuity of care between online visit practices allow doctors and therapists to refer members if additional support is needed

Similar to the cost of an office therapy visit.

Self-scheduled appointments, 7 days a week

Private, easy to access and convenient

Available in 50 states

Access via smart phone, tablet or computer

*https://www.naminh.org/sites/default/files/Summary%20Report%204%2028%2014%20Waiting%20for%20Help%20FINAL2.pdf
## Autism Spectrum Disorder Program

Helping, engaging, and supporting families touched by Autism

<table>
<thead>
<tr>
<th>Applied Behavior Analysis management</th>
<th>Team approach to care</th>
<th>Engage and support</th>
<th>Guidance and resource education</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ensuring that the member receives the right care, from the right provider, at the right time</td>
<td>Coordinating medical care and autism treatment to help members navigate the health care system</td>
<td>Supporting the entire family throughout the diagnosis and treatment</td>
<td>Offering education and support to help create more positive outcomes</td>
</tr>
</tbody>
</table>
Anthem’s Opioid Strategy:

**Prevention**
- ✓ Provider Messaging
- ✓ Pharmacy Point of Sale Edits
- ✓ Pharmacy Home
- ✓ Digital tools to promote resiliency

**Treatment and Recovery**
- ✓ Expansion of Medication Assisted Treatment (MAT)
- ✓ MAT and Behavioral Health Telemedicine opportunities
- ✓ Provider and Vendor Collaborations

**Deterrence**
- ✓ Prevention of Fraud, Diversion and abuse
- ✓ Provider education
- ✓ Special Investigation Unit
myStrength
Supporting emotional well-being

A “health club for the mind” myStrength offers tools and resources to help manage stress, anxiety, depression, chronic pain and other concerns related to emotional wellbeing.

Once on myStrength members can:

- Complete a wellness assessment
- Set up a customized home page
- Utilize the mood tracker
- Engage with the eLearning modules
- Track your progress
- And more!

MyStrength log-in:

1. Go to www.myStrength.com and click on "Sign Up"
2. When asked for an “Access Code” and enter AnthemDemo
3. Complete the Wellness Assessment and Personal Profile to create your own unique myStrength Home Page.
## CalPERS Anthem Benefit Design

<table>
<thead>
<tr>
<th>Basic Plan Name</th>
<th>Office Visits</th>
<th>Outpatient (Facility Based Care) *</th>
<th>Inpatient (Facility Based Care) *</th>
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<tbody>
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<tr>
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</table>

*applicable deductible and coinsurance applies
**provider must accept Medicare assignment