



# Telehealth

## Visit with a doctor through a mobile device

When your employees need care, they can use the Sydney Health app to have a video visit with a board-certified doctor, licensed therapist, or board-certified psychologist or psychiatrist from their smartphone or tablet.

### Virtual doctor visits

If your employees need care right away and it's not an emergency, they can connect with a doctor 24/7 through video or chat — no appointment needed. The doctor can assess their condition and prescribe or refill medications.<sup>1</sup>

### Mental health video visits<sup>2</sup>

For help with mental health concerns, your employees can connect to a licensed therapist<sup>3</sup> or board-certified psychologist or psychiatrist<sup>4</sup> through video. Appointments can be scheduled in four days or less with a therapist or psychologist and within two weeks with a psychiatrist.



LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.