



## COVID-19: We're here for you

As our nation comes together to address the COVID-19 crisis, your health and well-being continues to be our primary concern. The outbreak and effects of COVID-19 can be overwhelming. Social and emotional well-being is key to your whole health. That's why we partnered with leading community and health organizations to provide new resources and tools to help you and your family navigate the stress and anxiety, as well as find important social services such as help with food, housing, job training, and transportation during this challenging time.

New resources include:

### **COVID-19 Mental health resource hub**

Our partnership with [Psych Hub](#) provides you with tools and resources to help manage potential stress and anxiety resulting from COVID-19. This hub brings together a variety of resources to help you cope with social isolation, job loss and other mental health issues you may be facing.

### **Aunt Bertha social support services**

During this time, we understand many members may need help with food, housing, job training, transportation and other social support. Our partnership with [Aunt Bertha](#) provides you with a solution to help connect you and your family to social services in your communities if you need it. You can find services such as help with food, housing, job training, and transportation by visiting [Aunt Bertha](#) and entering your ZIP code.

### **Employee Assistance Program resources**

For added mental and emotional support, we're providing access to our EAP website resources at no cost through June 30, 2020. Go to our [EAP website](#) to access the resources. Use the password EAP Can Help.

### **Locate a COVID-19 testing facility**

If you need a COVID-19 test, you can quickly locate a COVID-19 testing facility near you with our locator tool by [downloading the Sydney Care mobile app](#).

Go to our [COVID-19 web page](#) for more COVID-19 information.

We remain deeply committed to supporting you as we all face the daily realities of COVID-19 together. During this time of stress and uncertainty, our mission remains unchanged — to improve lives and the health of our communities. We'll continue to monitor COVID-19 and keep you informed of any new resources so you can stay focused on keeping you and your family healthy.

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The Sydney Care COVID-19 assessment is based on guidelines issued by the Centers for Disease Control and Prevention, and reviewed and approved by Anthem, Inc.'s Clinical Solutions team.

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