

Adapting to change

We recognize there is still a sense of uncertainty as states and local communities begin to reopen. While this change signifies a new phase in the pandemic, COVID-19 remains a great concern throughout the world. The most important thing you can do right now is to keep taking preventive steps to stay safe. Anthem will continue to communicate the latest information to help you take care of your health and adapt to changes, as we work together to support our communities.



[Face coverings: 8 things to know](#)

Learn about when to wear them, how to remove them and more.



[Supporting a loved one's mental health](#)

Signs of an emotional health problem and what you can do to help.



[A visual guide to telehealth](#)

Virtual care lets you see health professionals safely from home.

Anthem is consistently monitoring guidelines, requirements and developments during the pandemic to share the most reliable resources to keep you informed and help put you at ease.