

SUBJECT LINE: 3 ways to support your physical and mental health

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Kentucky Employees' Health Plan



July 2021 newsletter: taking care of your physical and mental health

Whether it's adding **fun fitness activities** to your routine — or talking to a **mental health professional** or **Anthem Personal Health Consultant**, if needed — remember to take time for your physical and mental health.



Exercise can benefit your health — and be fun

Adding physical activity to your life can help improve your overall health and well-being. Focusing on activities you enjoy can help you stick with them. Try **biking**, **swimming**, **dancing**, **yoga**, and **gardening** to break a sweat — and break into a smile.

[Explore what counts as exercise](#)



Mental health support if you need it — at no extra cost

Through LiveHealth Online, you can schedule video visits with mental health professionals from the privacy of your home. They can help treat issues such as depression, grief, stress, and anxiety. To schedule a visit, call **844-784-8409** or sign up and log in at livehealthonline.com.

The cost is \$0 for KEHP members.

[Learn more about LiveHealth Online](#)



One-on-one support from registered nurses and health experts

Your KEHP benefits include personalized support from **Anthem Personal Health Consultants** at no extra cost. If you have health questions, they are here to listen, offer guidance, and connect you to the right care and resources. To talk with an Anthem Personal Health Consultant, call **844-402-KEHP (5347)**.

[Discover expert help](#)

Digital support for your physical and mental health

Our **Sydney Health**SM mobile app can help connect you to care. To download the app, search for **Sydney** in the App Store[®] or Google Play[™]. Then, log in with your Anthem username and password.

You can also sign up for LiveHealth Online at livehealthonline.com, or download the app at the [App Store](#)[®] or [Google Play](#)[™].

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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.

Please do not reply to this email. We want to help you, but these messages aren't monitored. If you have questions, please contact the KEHP Hotline at 844-402-KEHP. It's the quickest and safest way to contact us.

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