



# LiveHealth Online:

If you're feeling stressed, worried or having a tough time, you may need someone to speak with. Now, you can see a licensed therapist using LiveHealth Online Psychology. Talk with a therapist from your home or wherever you have Internet access. Just download the free LiveHealth Online app to your mobile device or visit [livehealthonline.com](#) on a computer with a webcam.

For your first visit, set up a time by going online, using the mobile app or calling LiveHealth Online:

- » Visit [livehealthonline.com](#) and sign up or log in. Once you've logged in, select [Psychology](#). Next, choose from available therapists after seeing their backgrounds and set up a visit.
- » Download the free LiveHealth Online mobile app and then sign up or log in. Once you've logged in, choose [Psychology](#). Next, select from available therapists after checking out their qualifications and arrange a visit.
- » Call **1- 44-7 4- 40** from 7 a.m. to 11 p.m. ET or PT.

In most cases, you can make an appointment to see a therapist within four days or less.\* This may be sooner than waiting for an office visit. LiveHealth Online will send you an email confirming your appointment. Psychologists and therapists using LiveHealth Online Psychology do not prescribe medications.

You'll see your cost before the visit starts — depending on your coverage, the cost may be the same as what you would pay for an office visit, considering your benefits, copay or coinsurance. You can pay your share of the visit using a Visa, MasterCard, Discover or American Express credit or debit card. Visits usually last about 45 minutes. At the end of your first visit, you can set up future visits with the therapist if both of you feel it's a good fit. You will always have a choice of the therapist you would like to see.

- »Stress
- »Anxiety
- »Depression
- »Relationship or family issues
- »Grief
- »Panic attacks
- »Stress from coping with a sickness

Call **1-844-784-8409**, toll free, from 7 a.m. to 11 p.m. ET or PT.

**Q. How do I know if a psychologist or therapist is in-network?**

When you see a provider on the website you see on the website are part of the Anthem Blue Cross and Blue B8 (-)0.3 (w)3.8 t(th)1.1 B8 (-)0.9 (g)-0.39 (g)-0.39 (g)0.9 (g)