

Helping you meet your health goals

Your health plan includes special benefits and programs at no extra cost

We want to make it easy for you to achieve better health. That's why your health plan includes tools, programs and services that can help you stay on track with your health goals. You have access to preventive care benefits, condition management programs, health coaching, support tools and more — all at no extra cost to you.



Health advocates

Health advocates work to understand your unique health needs and guide you to the right programs, tools, and resources that can help you be healthier.



Clinical support and care coordination

If you're living with a health condition, registered nurses can help you manage symptoms, coordinate follow-up care and review your medication so you can live a fuller life.



Digital tools

Our SydneySM Health app makes it simple to receive health reminders, access benefit information, have a virtual care visit and earn wellness rewards.



Behavioral health

When you need help for your emotional well-being, Anthem can connect you to licensed professionals who offer confidential support, coordinate with your other healthcare providers, and direct you to local and online resources. You also can access digital support 24/7 through Sydney Health.



Health team

You can receive extra support through a team of health professionals, including nurses, social workers, dietitians, respiratory therapists, pharmacists, exercise physiologists and health coaches. Your health advocate can help you set this up.



Building Healthy Families

Every family grows in its own unique way. Our digitally based, end-to-end program offers help for building a family, from conception and pregnancy through early childhood parenting.



Health rewards

You can earn rewards for completing activities that help you improve your health.



24/7 NurseLine

Registered nurses are available 24 hours a day, seven days a week, to discuss health concerns and help you figure out where to get care.



To learn more, call 800-424-8950

from 8:00 a.m. to 6:00 p.m. ET, Monday through Friday. You can also chat with a Health Advocate 8:00 a.m. to 8:00 p.m. ET, Monday through Friday.

Annual care visits can prevent and detect health issues

Preventive care checkups

Regular preventive care can help you stay healthier and detect problems early. Your Anthem plan includes preventive visits, services, and immunizations at no extra cost to you, as long as you use a doctor or lab in your plan's network.¹ If you visit a doctor or facility not in your plan, you may have out-of-pocket costs. If you are not sure which exams, tests or shots make sense for you, talk to your doctor.

Vision exams

Your Anthem benefits include one eye exam every 12 months with a care provider in your plan's network; they can check your vision and help detect other health conditions.

Cancer screenings

Cancer is most treatable when it's detected early — before symptoms appear. Preventive screenings help detect cancer during the “local” stage, before it spreads to other parts of the body and becomes more difficult to treat.² Your benefits include screenings for:

- Breast cancer (mammograms).
- Cervical cancer (Pap tests and other gynecological exams).
- Colorectal cancer.
- Prostate cancer (prostate-specific antigen test).
- Skin cancer

Anthem wants you to feel healthier, supported and confident in your care.



Questions? Call the Member Services number on your health plan ID card or contact your primary care physician (PCP).

If you don't have an in-network PCP, you can use the Find Care tool on our Sydney Health app or at [anthem.com](https://www.anthem.com).

Download the Sydney Health app today.



¹ The preventive care services are covered at 100% when provided by health plan doctors and designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your health plan ID card.

² Centers for Disease Control and Prevention: *How to Prevent Cancer or Find It Early* (July 2022); [cdc.gov](https://www.cdc.gov).

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health. In addition to using a telehealth service, employees can receive in-person or virtual care from their own doctor or another healthcare provider in their plan's network. If they receive care from a doctor or healthcare provider not in their plan's network, their share of the costs may be higher. They may also receive a bill for any charges not covered by their health plan.

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