

Wellbeing Solutions

Supporting your whole health matters



We want to support your whole health the best way possible. That's why your health plan includes Wellbeing Solutions, a suite of programs to help you with everyday health and your overall well-being.

Use the **SydneySM Health** mobile app and **anthem.com** anytime to access Wellbeing Solutions programs and resources that meet your healthcare needs.

Making your well-being a priority

Explore Wellbeing Solutions programs on the Sydney Health app



Proactive support

MyHealth Check-in. After you take this short health assessment, we'll send you personalized health tips and details on programs that can help you lower health risks, reach your personal goals, and prevent future health problems.

MyHealth Advantage. We provide a confidential health summary that includes reminders for checkups, tests, and exams; lists of claims and prescriptions; and general health tips.

24/7 NurseLine. Talk to a trained, registered nurse over the phone and quickly get answers to common health concerns.



Mental health resources

Behavioral Health Advantage (BHA). If you're trying to manage a behavioral health condition or substance use disorder, our behavioral health case managers are licensed mental health professionals who can help. They offer caring support for you and your family, including 24/7 drug and alcohol assistance.

You can also access tools and resources for things like suicide prevention, autism, attention deficit hyperactivity disorder (ADHD), and post-traumatic stress disorder (PTSD).

Emotional Wellbeing Resources. Learn how to develop resilience, reduce stress, and practice mindfulness through online programs and personalized coaching. Digital tools help you identify thoughts and behavior patterns that affect your emotional well-being.

Autism Spectrum Disorder Program. Receive support for a covered family member with an autism spectrum disorder. Our licensed behavior analysts can help you navigate the healthcare system and will work with the whole family to help you understand services and access care.



Condition-based support

Concierge Care. This program pairs eligible members with a personal health advocate to provide coaching and digital resources on health conditions, such as type 2 diabetes and heart failure, as well as when you are being discharged from an inpatient setting.

Cancer Care. If you or a family member is facing a cancer diagnosis or have started treatment, the Cancer Care Navigator program offers one-on-one guidance and digital support when it matters most.

Case Management. After an illness or hospital stay, you can receive one-on-one support and care coordination from our team of medical professionals. They can help guide you through the healthcare system and make the most of your benefits. Their goal is to understand your needs and help you get the best care possible.

Building Healthy Families. Whether you're planning for a family, are pregnant, or are postpartum, you can access digital tools and educational resources to support the needs of your growing family.

ConditionCare. Receive one-on-one, digital support from a healthcare professional for a chronic condition, like asthma or diabetes.

Connect with Sydney Health

Sydney Health offers useful health and wellness tips and personalized action plans that can help you reach your unique well-being goals.

Download, open, register, and/or sign into the Sydney Health mobile app.

1. Go to homepage > Scroll down > Select My Health Dashboard > Choose Programs.
2. Browse the wellness programs included in your plan.



Scan this QR code with your smartphone to download the Sydney Health app.



We care about you

With Wellbeing Solutions, you can work toward your health goals, knowing you are supported cared for at every step. If you have any questions, call Member Services or visit **[anthem.com](https://www.anthem.com)**.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem Blue Cross and Blue Shield.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Illinois: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by either Matthew Thornton Health Plan, Inc. or Anthem Health Plans of New Hampshire, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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