



# Make the most of your benefits

with tools and resources that can help you be healthier

If you are looking for ways to improve your health, your health plan benefits can help. You have access to a variety of programs and technology that can help you reach new goals, including:



**24/7 Nurseline:** Registered nurses are available anytime to advise you on health issues and help you find the care you need.



**Future Moms:** Nurses help members who are pregnant follow a plan of care, identify risks, make healthier decisions, and prepare for delivery. The program also offers breastfeeding support through LiveHealth Online using private and secure video from a mobile device or computer.



**MyHealth Advantage:** Our team can identify gaps or risks in your care and send you a confidential MyHealth Note with actions you can take for better health and lower healthcare costs.



**ConditionCare:** If you're dealing with a chronic condition like asthma or diabetes, you'll get one-on-one professional help managing your health and reaching your health goals.



**Case Management:** Backed by a team of doctors, pharmacists, and exercise physiologists, our case managers can help you better manage complex health issues and navigate the healthcare system.



**Shopper programs:** Receive help making informed decisions about care and cost with comparative information for the common services and procedures you may need.



**Sydney Health<sup>SM</sup>:** Our mobile app connects all of your benefits with health and wellness resources to give you both health plan details and care recommendations. Sydney Health<sup>SM</sup> can send you reminders about preventive checkups and tests, information on how to find a doctor using quality and cost information, and health tips based on your unique medical history.



**Anthem Health Guide:** You can talk to professionals who can walk you through the healthcare system. They can guide you to programs and support in your plan, find answers about your claims, stay on top of your preventive screenings, and find doctors in your plan.

[See back page for Health Rewards program information](#)

## Earn rewards for healthy habits

Rewards can be earned by a member and their covered spouse or partner. Members will need to log in to the Sydney Health<sup>SM</sup> app or anthem.com to request their digital gift card from the available retailers, including Mastercard<sup>®</sup>, Amazon and Target<sup>®</sup>.

## Sydney Health<sup>SM</sup>

You can follow your progress and redeem rewards<sup>1</sup> earned through anthem.com or Sydney Health<sup>SM</sup>. Sydney Health<sup>SM</sup> serves as our fully integrated digital platform, fostering the most personalized, optimal experience possible.

## Well-being Coach

Members across the health spectrum who want and need to make healthy behavior changes, those who are at high risk for obesity and tobacco use-related conditions, and those who like to use traditional and high-tech tools to maintain or improve their health, receive support through a flexible coaching solution. Members can access their Well-being Coach program options from Sydney Health.

Ways you can earn rewards	Reward
Adult Wellness Annual Exam or Well-woman exam within the first 90 days of the members' plan year (once/year)	\$25
Flu Shot (once/year)	\$20
Screening Mammogram (once/year)	\$25
Colorectal Cancer Screening (once/year)	\$25
Eye Exam (once/year)	\$25
Cholesterol Exam (once/year)	\$20
Health Assessment (once/year)	\$20
Update Contact Information (once/year)	\$10
Login (web or mobile) (once/year)	\$5
Connecting a Device (once/year)	\$5
Steps Tracking (at every 50k = \$2; max 30 times/year)	\$60
Action Plans (\$5 each; max 5/year)	\$25
ConditionCare (once/year)	\$50
Future Moms (once/year)	\$40
Well-being Coach Digital (daily mission check-ins)	\$20
Well-being Coach Telephonic - Weight achieve goal (once/year)	\$25
Well-being Coach Telephonic - Tobacco achieve goal (once/year)	\$25



You can improve your health. We are here to help.

If you have questions about how to set goals and achieve results, please call the number on the back of your member ID card. You can also send us an email or chat online at **anthem.com**.

<sup>1</sup> Once a claim is processed, you'll be able to see confirmation of the reward in your rewards account on the Anthem Health Rewards site on the Completed Activities page.

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. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: 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<sup>®</sup> Managed Care, Inc. (RIT), Healthy Alliance<sup>®</sup> 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 Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its 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.