



DARIEN PUBLIC SCHOOLS

Anthem Information
for
July 1, 2020

Table of Contents

	Page #
• Provider Search	3
• Medication Search	5
• Current Prescription Conversion Process	6
• National Drug List Medication Alternatives	7
• Preventive Care	9
• Sydney Mobile App	11
• Live Health On Line	13
• 24/7 Nurse Line	14
• Discounts/Special Offers	15

Note: Medical, Dental and Vision Benefit Summaries for your bargaining unit can be found on the Darien website under Staff Resources, Benefits

COMPUTER ANTHEM PROVIDER SEARCH

Go to Anthem.com



CLICK ON

Find a Doctor

CLICK ON



MEDICAL SEARCH:

What type of care are you searching for?

MEDICAL

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

MEDICAL (EMPLOYER-SPONSORED)

Select a plan/network

CENTURY PREFERRED

CONTINUE

DENTAL SEARCH:

What type of care are you searching for?

DENTAL

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

DENTAL

Select a plan/network

DENTAL COMPLETE

CONTINUE

VISION SEARCH:

What type of care are you searching for?

VISION

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

VISION


Select a plan/network

BLUE VIEW VISION

CONTINUE

The next page lists search options – Enter the information:

SPECIALTY	ZIP CODE	PROVIDERS NAME
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Click on  **SEARCH** to receive results of your search

MOBILE DEVICE ANTHEM PROVIDER SEARCH

Go to Anthem.com



CLICK ON  FIND A DOCTOR

CLICK ON GUEST ICON 



MEDICAL SEARCH:

What type of care are you searching for?

MEDICAL

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

MEDICAL (EMPLOYER-SPONSORED)

Select a plan/network

CENTURY PREFERRED

CONTINUE

DENTAL SEARCH:

What type of care are you searching for?

DENTAL

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

DENTAL

Select a plan/network

DENTAL COMPLETE

CONTINUE

VISION SEARCH:

What type of care are you searching for?

VISION

What state do you want to search in?

KEEP STATE AS CT, SEARCH BY ZIPCODE

CONNECTICUT

What type of plan do you want to search with?

VISION


Select a plan/network

BLUE VIEW VISION

CONTINUE

The next page lists search options – Enter the information:

SPECIALTY	ZIP CODE	PROVIDERS NAME
-----------	----------	----------------

Click on 

SEARCH

to receive results of your search

ANTHEM PRESCRIPTION SEARCH

Go to Anthem.com



CLICK ON



Find a Doctor

Near the bottom of the page on the right hand side, **CLICK ON**



Medication Search

Find out if a prescription drug is covered by your plan.



The next page shows:

Formulary/Drug Lists

All of the drug lists in this section include our Drug Search (Searchable) Tool functionality

[See our latest drug list changes](#)

You will see Essential Drug Lists and National Drug Lists.



Go to the National Drug Lists and click on [National Drug Lists, National Drug List 3-Tier \(Searchable\)](#)
National Drug Lists

These lists may be for you if you get your health insurance plan from an employer, if you have certain grandfathered plans, or in some cases if your coverage is through a Small Group employer on or off the exchange. Contact the Customer Service number on your member ID card if you need assistance.

- National Drug List Medication Alternatives (3, 4 & 5 Tier plans) | [Anthem Blue Cross and Blue Shield.pdf](#) | [Virginia.pdf](#)
- [National Drug List 3-Tier \(Searchable\)](#) | [National Drug List 3-Tier with 1a/1b \(Searchable\)](#) | [Anthem Blue Cross and Blue Shield.pdf](#) | [Virginia.pdf](#)
- [National Drug List 4-Tier \(Searchable\)](#) | [National Drug List 4-Tier with 1a/1b \(Searchable\)](#) | [Anthem Blue Cross and Blue Shield.pdf](#) | [Virginia.pdf](#)
- [National Drug List 5-Tier \(Searchable\)](#) | [National Drug List 5-Tier with 1a/1b \(Searchable\)](#) | [Anthem Blue Cross and Blue Shield.pdf](#)

The next page provides search options:

Alphabetical Search

[A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)

Brand & Generic Name Search

Search

Either click on the letter or type the name of your medication in the Search Box.

Prescription Conversion Process from Express Scripts to IngenioRx (Anthem National Drug List 3-Tier)

Maintenance Prescription at Retail Pharmacy – (On or after July 1, 2020)

With and without refills available:

- If you have refills on file, show your Anthem ID card to the pharmacist prior to filling the prescription.
- If you do not have refills on file, contact your provider for a new prescription. Once the pharmacy has your new prescription on file, show your Anthem ID card to the pharmacist prior to filling the prescription.
- It is important to show your new insurance information to ensure your member profile is updated accordingly in their system.

Mail Order Maintenance Prescriptions (Home Delivery Phone # 1-833-203-1739)

Note: You can request a one-time 30-day prescription to get filled at your retail pharmacy to ensure you do not run out of medication prior to receiving your first Rx home delivery.

- You will need to contact your provider to send in new prescriptions for home delivery. You may want to do this prior to July 1st so your provider can contact IngenioRx Home Delivery Pharmacy to begin the process.
- On or after July 1, 2020 - Log on to [anthem.com](https://www.anthem.com) to update your payment and shipping information.
- Within most cases, your first mail order will arrive within two weeks from the time it is processed. After that, orders will arrive within one week.
- If you need your medication sooner, you can call and ask for overnight delivery. There is an extra charge for faster shipping options.

Current drug on formulary list with ConnectiCare; not on formulary list with Anthem

(Please see the Anthem Prescription Search – slide # 5)

If your medication is not on the Anthem formulary, there is an alternative medication. Please see National Drug List Medication Alternatives – slides 7 & 8

- If you are unable to take a covered alternative medication, there is an exception process available, which will require medical information.
- Your provider will need to initiate a prior authorization (PA)
 - There are three ways for providers to initiate a PA:
 - Online: <https://www.covermyeds.com/main/prior-authorization-forms/>
 - Phone: 833.293.0659
 - Fax: 844.474.3350

Specialty Medications

- You will begin filling specialty medications through the IngenioRx Specialty Pharmacy on July 1, 2020.
- Please talk with your provider so they may transfer your open script to IngenioRx Specialty Pharmacy, on or after July 1st, to make sure fills and necessary prior authorization is submitted to IngenioRx for 7/1/2020.
- On or after July 1, log on to [anthem.com](https://www.anthem.com) to update payment and shipping information.
- You will be able to manage your specialty prescriptions online at [anthem.com](https://www.anthem.com) or by calling IngenioRx 24/7 Pharmacy Member Services at 833-267-2133.

24/7 Pharmacy Member Services line – 833-267-2133

National Drug List

Medication alternatives



The National Drug List is a list of prescription medications approved by the U.S. Food and Drug Administration (FDA). We've reviewed these drugs through our Pharmacy and Therapeutics (P&T) Process, which considers a drug's:

- Effectiveness
- Safety
- Similarity to other drugs within a therapeutic class
- Affordability

The National Drug List is an open drug list or formulary, with some closed drug classes. The list includes a broad range of drug choices — including 97.5% of all prescription medications.* If a medication is not on the list, there are other high-quality, cost-effective choices, called preferred alternatives, that are.

Medications not included on the National Drug List are shown on the chart included here, along with their preferred alternatives that are on the list. Please note, exclusions and limitations may apply. For details about what's covered and what's not, it's best to check the *Certificate/Evidence of Coverage or Summary Plan Description*.

To view and search the complete National Drug List, members should log in at anthem.com and choose **Prescription Benefits**. Information on dosage/strength options and any restrictions such as quantity limits, prior authorization or step therapy requirements is available. Members can also call Member Services at the number on their member ID card or visit anthem.com/pharmacyinformation.

What if a medication isn't on the National Drug List?

There may be times when a member's drug isn't on the National Drug List. If the covered alternative options are not right for the member, doctors can submit a request for an exception. This process, called prior authorization, requires doctors to call the Member Services number on the member's ID card or go to anthem.com/pharmacyinformation to download and submit the prior authorization form. Doctors can also submit prior authorizations electronically, which requires less processing time and possible real-time approval so members can fill their prescriptions without delay.

For the most up-to-date information, members should log in at anthem.com and choose **Prescription Benefits**.

Drug class	Medications not on the National Drug List	Preferred alternatives ¹
Allergic Reaction Treatment	Adrenaclick, Auvi-Q, EpiPen, EpiPen JR	Epinephrine auto-injector (Authorized generic EpiPen from Mylan)
Antiviral - oral	Sitavig	acyclovir (oral solution, capsule, tablet), famciclovir tablet, valacyclovir tablet
Antiviral - topical	Zovirax cream	acyclovir (ointment, oral solution, capsule, tablet), famciclovir tablet, valacyclovir tablet
Constipation	Motegrity, Trulance	Amitiza, Linzess, Movantik
Dermatologic - acne topical	Clindagel, Clindamycin phosphate 1% gel (brand version*)	clindamycin phosphate [foam, gel (generic versions*), lotion, pledget, solution]
Dermatologic - oral anti-infectives	Acticlate, Adoxa, Doryx, Doryx MPC, Doxycycline Hyc DR 80mg Tablet, Doxycycline IR-DR 40mg Capsule, Minolira ER, Minocin, Monodox, Seysara, Solodyn, Vibramycin 50mg/5ml Syrup, Ximino ER	doxycycline hyclate (immediate release), doxycycline monohydrate (immediate release), doxycycline 25mg/5ml suspension, minocycline, Oracea
Diabetes - Biguanides	Glumetza (brand and generic)	metformin ER (generic Glucophage XR)
Diabetes - DPP4s	Alogliptin, Alogliptin/metformin, Kazano, Kombiglyze XR, Nesina, Onglyza	Januvia, Janumet/XR, Tradjenta, Jentadueto/XR
Diabetes - GLP1s	Adlyxin, Tanzeum	Byetta, Bydureon/Pen, Ozempic, Trulicity, Victoza
Diabetes - long-acting insulin	Basaglar, Tresiba	Lantus, Levemir, Toujeo
Diabetes - rapid-acting insulin	Admelog, Apidra, Fiasp, Novolin, Novolog	Humulin, Humalog, Insulin Lispro

Chart continued on back

Continued from front

Drug class	Medications not on the National Drug List	Preferred alternatives ¹
Diabetes – SGLT2/combos	Farxiga, Glyxambi, Invokana, Invokamet/XR, Qtern, Segluromet, Steglatro, Steglujan, Xigduo XR	Jardiance, Synjardy/XR
Diabetic Test Strips and Glucometers	All except Accu-Chek and One Touch Products	Accu-Chek and One Touch Products
Dry Eye	Cequa, Lacrisert	Xiidra
Erectile dysfunction	Levitra, Staxyn, Stendra	sildenafil citrate (generic Viagra), tadalafil (generic Cialis)
Growth hormone	Genotropin, Norditropin, Omnitrope, Saizen, Zomacton	Humatrope, Nutropin/AQ
Immunologicals	Actemra, Cimzia, Ilumya, Inflectra, Kevzara, Orencia, Renflexis, Skyrizi, Tremfya	Enbrel, Humira, Remicade, Simponi/Aria, Stelara
Lipid/Cholesterol lowering – fibric acid	Antara, Fenofibrate capsule (50mg, 150mg), Fenofibrate nanocrystallized tablet 160mg, Triglide	fenofibrate nanocrystallized tablet (48mg, 145mg), fenofibrate tablet (40mg, 54mg, 120mg, 160mg) fenofibrate micronized capsule, fenofibric acid, gemfibrozil
Lipid/Cholesterol lowering – Fish Oils (Omega-3 Fatty Acids)	Lovaza (brand and generic), triklo, Vascepa	fenofibrate nanocrystallized tablet (48mg, 145mg), fenofibrate tablet (40mg, 54mg, 120mg, 160mg) fenofibrate micronized capsule, fenofibric acid, gemfibrozil
Lipid/Cholesterol lowering – statin	Lipitor	atorvastatin, rosuvastatin, simvastatin
Narcotic antagonists	Evzio auto-injector	naloxone injection, Narcan
Non-Steroidal Anti-Inflammatories	diclofenac sodium 1.5% topical solution, Duexis, Fenoprofen capsules, Fenortho, Flector, Indocin Suppository & Suspension, klofensaid, Nalfon, Naprelan CR 750mg, Pennsaid 2% Pump, Qmiz ODT, Sprix, Tivorbex, Vimovo, Vivlodex, Zipsor, Zorvolex	diclofenac 1% gel, diclofenac tablet, fenoprofen tablet, ibuprofen tablet & suspension, indomethacin capsule, meloxicam tablet & suspension, misoprostol, naproxen tablet & suspension
Ophthalmologic - Antihistamine	Bepreve, Pataday, Patanol, Pazeo	azelastine, epinastine
Ovulatory Stimulants	Follistim AQ	Gonal-F
Pain management – transmucosal fentanyl	Abstral, Lazanda, Subsys	fentanyl citrate, Fentora
Pain management – narcotic analgesics	Arymo ER, Embeda, Hysingia ER, Kadian, Morphabond ER, Nucynta ER, Opana ER, Oxycodone ER, Xartemis XR, Xtampza ER, Zohydro ER	hydromorphone er, morphine sulfate er, oxymorphone er
Proton Pump Inhibitors	Aciphex/sprinkle (brand and generic), Dexilant, Esomeprazole Strontium, Nexium/packet (brand and generic), omeppi, Prevacid/ODT (brand and generic), Prilosec/susp, Protonix/susp, Zegerid (brand and generic)	omeprazole, pantoprazole
Respiratory – anti-inflammatory	Aerospan, Alvesco, Armonair Respiclick, Asmanex HFA/ Twisthaler, Pulmicort Flexhaler	Annuity Ellipta, Flovent HFA/Diskus, Qvar Redihaler
Skeletal muscle relaxants	Amrix ER, chlorzoxazone 250mg, cyclobenzaprine ER	chlorzoxazone 500mg, cyclobenzaprine, orphenadrine
Steroids – intranasal	Nasonex, Qnasl/ children	mometasone, OTC nasal corticosteroids
Steroids – oral	Rayos	hydrocortisone, methylprednisolone, prednisone, prednisolone
Steroids – topical low potency	Desonate gel, Tridesilon cream, Verdeso foam	hydrocortisone 2.5% (cream, lotion, ointment), alclometasone (cream, ointment)
Steroids – topical medium potency	Locoid lotion	mometasone (cream, ointment, solution), triamcinolone (cream, ointment, solution)
Steroids – topical high potency	Sernivo	betamethasone dp aug cream, fluocinonide (cream, ointment, solution), triamcinolone (cream, ointment)
Testosterone – topical	Axiron, Fortesta, Natesto, Testim, Testosterone Gel 1% (brand versions ²), Vogelxo	testosterone gel 1% (generic versions ³), testosterone gel 30mg/1.5ml, testosterone gel 1.62%

* Internal data, 2019

¹Please note: Preferred alternatives are on multiple tiers, depending on benefit plan. Tiers represent levels of coverage. Member cost share amounts generally increase at higher tier levels.

²Upsher Smith; ³Actavis/Teva; ⁴Oceanside; ⁵Greenstone, Sandoz

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Rev. 10/19

Take care of yourself

Use your preventive care benefits



Getting regular checkups and exams can help you stay healthy and catch problems early — when they're easier to treat.

That's why our health plans offer all the preventive care services and immunizations below — at no cost to you.¹ As long as you see a doctor or use a pharmacy or lab in the plan, you won't have to pay anything for these services and immunizations. If you want to visit a doctor or pharmacy outside the plan, you may have to pay out of pocket.

Not sure which services make sense for you? Talk to your doctor. He or she can help you figure out what you need.

Preventive vs. diagnostic care

What's the difference? Preventive care helps protect you from getting sick. If your doctor recommends you have services even though you have no symptoms, that's preventive care. Diagnostic care is when you have symptoms and your doctor recommends services to determine what's causing those symptoms.

Adult preventive care

Preventive physical exams

Screening tests:

- Alcohol misuse: related screening and behavioral counseling
- Aortic aneurysm screening (men who have smoked)
- Behavioral counseling to promote a healthy diet
- Blood pressure
- Bone density test to screen for osteoporosis
- Cholesterol and lipid (fat) level
- Colorectal cancer, including fecal occult blood test, barium enema, flexible sigmoidoscopy, screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)³
- Depression screening
- Hepatitis C virus (HCV) for people at high risk for infection and a one-time screening for adults born between 1945 and 1965
- Type 2 diabetes screening*
- Eye chart test for vision²
- Hearing screening
- Height, weight and body mass index (BMI)
- HIV screening and counseling
- Lung cancer screening for those ages 55-80 who have a history of smoking 30 packs per year and still smoke, or quit within the past 15 years³
- Obesity: related screening and counseling*
- Prostate cancer, including digital rectal exam and prostate-specific antigen (PSA) test
- Sexually transmitted infections: related screening and counseling
- Tobacco use: related screening and behavioral counseling
- Tuberculosis screening
- Violence, interpersonal and domestic: related screening and counseling

Immunizations:

- Diphtheria, tetanus and pertussis (whooping cough)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps and rubella (MMR)
- Meningococcal (meningitis)
- Pneumococcal (pneumonia)
- Varicella (chickenpox)
- Zoster (shingles)

Women's preventive care:

- Well-woman visits
- Breast cancer, including exam, mammogram, and genetic testing for BRCA 1 and BRCA 2 when certain criteria are met⁴
- Breastfeeding: primary care intervention to promote breastfeeding support, supplies and counseling^{5,6,7}
- Contraceptive (birth control) counseling
- Food and Drug Administration (FDA)-approved contraceptive medical services, including sterilization, provided by a doctor
- Counseling related to chemoprevention for those with a high risk of breast cancer
- Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- HPV screening
- Screening and counseling for interpersonal and domestic violence
- Pregnancy screenings, including gestational diabetes, hepatitis B, asymptomatic bacteriuria, Rh incompatibility, syphilis, HIV and depression⁸
- Pelvic exam and Pap test, including screening for cervical cancer

These preventive care services are recommendations of the Affordable Care Act (ACA or health care reform law). They may not be right for every person, so ask your doctor what's right for you.

This sheet is not a contract or policy with Anthem Blue Cross and Blue Shield. If there is any difference between this sheet and the group policy, the provisions of the group policy will rule. Please see your combined Evidence of Coverage and Disclosure Form or Certificate for exclusions and limitations.

* CDC-recognized Diabetes Prevention programs are available for a new weight or obese adults with abnormal blood glucose or who have abnormal DVD risk factors.

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Child preventive care

Preventive physical exams

Screening tests:

- Behavioral counseling to promote a healthy diet
- Blood pressure
- Cervical dysplasia screening
- Cholesterol and lipid level
- Depression screening
- Development and behavior screening
- Type 2 diabetes screening
- Hearing screening
- Height, weight and BMI
- Hemoglobin or hematocrit (blood count)
- Lead testing
- Newborn screening
- Screening and counseling for obesity
- Counseling for those ages 10–24 with fair skin about lowering their risk for skin cancer
- Oral (dental health) assessment when done as part of a preventive care visit
- Screening and counseling for sexually transmitted infections
- Tobacco use: related screening and behavioral counseling
- Vision screening when done as part of a preventive care visit²

Immunizations:

- Chickenpox
- Flu
- Haemophilus influenza type b (Hib)
- Hepatitis A and hepatitis B
- HPV
- Meningitis
- MMR
- Pneumonia
- Polio
- Rotavirus
- Whooping cough

A word about pharmacy items

For 100% coverage of your over-the-counter (OTC) drugs and other pharmacy items listed here, you must:

- Meet certain age requirements and other rules.
- Get prescriptions from plan providers and fill them at plan pharmacies.
- Have prescriptions, even for OTC items.

Adult preventive drugs and other pharmacy items — age appropriate:

- Aspirin use (81 mg and 325 mg) for the prevention of cardiovascular disease, preeclampsia and colorectal cancer by adults less than 70 years old.
- Colonoscopy prep kit (generic or OTC only) when prescribed for preventive colon screening
- Generic low to moderate dose statins for members that are 40–75 years and have 1 or more CVD risk factors (dyslipidemia, diabetes, hypertension, or smoking)
- Tobacco-cessation products, including all FDA-approved brand and generic OTC and prescription products, for those ages 18 and older

Child preventive drugs and other pharmacy items — age appropriate:

- Dental fluoride varnish to prevent the tooth decay of primary teeth for children ages 0–5
- Fluoride supplements for children ages 6 months to 16 years old

Women's preventive drugs and other pharmacy items — age appropriate:

- Contraceptives, including generic prescription drugs, brand-name drugs with no generic equivalent and OTC items like female condoms and spermicides^{5,8,9}
- Low-dose aspirin (81 mg) for pregnant women who are at increased risk of preeclampsia
- Folic acid for women ages 55 or younger who are planning and able to get pregnant

Breast cancer risk-reducing medications, such as tamoxifen and raloxifene, that follow the U.S. Preventive Services Task Force criteria³

For a complete list of covered preventive drugs under the Affordable Care Act, view the Preventive ACA Drug List filer available at anthem.com/pharmacyinformation.

1. The range of preventive care services covered at no cost share when provided by plan doctors is 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 ID card.

2. Some plans cover additional vision services. Please see your contract or *Certificate of Coverage* for details.

3. You may be required to get preapproval for these services.

4. Check your medical policy for details.

5. Breast pumps and supplies must be purchased from plan providers for 100% coverage. We recommend using plan durable medical equipment (DME) suppliers.

6. This benefit also applies to those younger than age 18.

7. Counseling services for breastfeeding (lactation) can be provided or supported by a plan doctor or hospital provider, such as a pediatrician, obstetrician/gynecologist or family medicine doctor, and hospitals with no member cost share (deductible, copay, coinsurance). Contact the provider to see if such services are available.

8. A cost share may apply for other prescription contraceptives, based on your drug benefits.

9. Your cost share may be waived if your doctor decides that using the multiresidue brand is medically necessary.

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Simple, smart – and all about you

Get instant access to your health
plan info at anthem.com or with
Sydney, our new app

Check claims

See what's covered and
what you owe.

Find a doctor

Look for doctors in
your plan.

Get discounts

Save on health-related
products and services.

See benefits

Check what your plan covers and
how much you might pay.

Get medicine

Refill your prescriptions online.

Manage health care accounts

Pay or reimburse yourself for
health care expenses. See your
account balance anytime.

Get your ID card

Share, fax or email your ID
card right from your device.

Estimate costs

Compare costs and quality
for common procedures.

It's easy. Everything you need to know about your Anthem benefits – all in one place. It's
simple, personal and all about you.

You can do more in less time – just log in at anthem.com.

**Don't forget: You can have your health information at your fingertips
anytime through the Sydney mobile app.**



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/cs/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® Managed Care, Inc. (RIT), HealthyAlliance® 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. 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 Thomson Health Plan, Inc. In Ohio: Community Insurance Company. 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 PPO policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or PPO policies; WCIC underwrites or administers Well Priority HMO or PPO 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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Say hi to Sydney

Anthem's new app is simple,
smart — and all about you

With Sydney, you can find everything you need to know about your Anthem benefits — personalized and all in one place. Sydney makes it easier to get things done, so you can spend more time focused on your health.

Get started with Sydney
Download the app today!



Simple

Ready for you to use quickly, easily, seamlessly — with one-click access to benefits info, Member Services, wellness resources and more.

Smart

Sydney acts like a personal health guide, answering your questions and connecting you to the right resources at the right time. And you can use the chatbot to get answers quickly.

Personal

Get alerts, reminders and tips directly from Sydney. Get doctor suggestions based on your needs. The more you use it, the more Sydney can help you stay healthy and save money.

With just one click, you can:

- Find care and check costs
- Check all benefits
- See claims
- Get answers even faster with our chatbot
- View and use digital ID cards

Already using one of our apps?

It's easy to make the switch. Simply download the Sydney app and log in with your Anthem username and password.

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Using LiveHealth Online, you can have a private video visit on your smartphone, tablet or computer.



You've got access to affordable and convenient care

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$59 or less for medical doctor visits, and a 45-minute therapy or psychiatry session usually costs the same as an office mental health visit.

- o **See a board-certified doctor 24/7.** You don't need an appointment to see a doctor. They're always available to assess your condition and send a prescription to the pharmacy you choose, if needed.¹ It's a great option when you have pink eye, a cold, the flu, a fever, allergies, a sinus infection or another common health issue.
- o **Visit a licensed therapist in four days or less.**² Have a video visit with a therapist to get help with anxiety, depression, grief, panic attacks and more. Schedule your appointment online or call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.
- o **Consult a board-certified psychiatrist within two weeks.**³ If you're over 18 years old, you can get medication support to help you manage a mental health condition. To schedule your appointment call **1-888-548-3432** from **8 a.m. to 8 p.m.**, seven days a week.

Go to livehealthonline.com or download the app and register on your phone or tablet.



Give your employees

peace of mind



24/7 NurseLine has them covered anytime, anywhere

Health issues can crop up at the most inconvenient times and places for your employees — whether it's 3 a.m. at home or 10 a.m. while they're in the office. What if your employees had a nurse in their back pocket — someone knowledgeable they could talk to any time of the day or night, 365 days a year, from anywhere in the U.S.?

That's why Anthem Blue Cross and Blue Shield (Anthem) offers 24/7 NurseLine. With 24/7 NurseLine, your employees can ask registered nurses a variety of questions, including how to choose the right level of care. Choosing the best treatment option can mean cost savings for you and your employees.

Good health is great for your business

While 24/7 NurseLine may be the first line of defense for the unexpected, it's also part of Anthem's whole-health approach to care. The registered nurses can give your employees allergy relief tips and explain why urgent care makes more sense than the emergency room (ER). By reaching for their phones first, your employees can get the help they need.

Qualified registered nurses can also:

- Help your employees find providers and specialists in the area.
- Give referrals to LiveHealth Online, a tool that allows your employees to have live video chats with board-certified doctors using a smartphone, tablet or computer and webcam.¹
- Enroll your employees and their dependents in valuable care management programs for certain health conditions.
- Help your employees decide where to go for care when their doctor, dentist or eye doctor isn't available.
- Provide guidance during natural catastrophes and health outbreaks.
- Offer links to health-related educational videos or audio topics.

24/7 NurseLine is connected with Anthem's other health and wellness programs, so your employees have access to the best resources for the best health results.

When your employees need answers, they can call the number located on the back of their ID card.


It's that easy!

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¹LiveHealth Online is available in most states and expected to expand to more in the near future. Visit the home page of livehealthonline.com to view the service map by state.

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.



Live life to the fullest –
without paying full price

Save money with discounts at anthem.com

Saving money is good. Saving money on things that are good for you – that's even better. With SpecialOffers, you can get discounts on products and services that help promote better health and well-being.* It's just one of the perks of being an Anthem member. Check out how much you can save:

Vision, hearing and dental

Glasses.com™ and 1-800-CONTACTS® — Get the latest brand-name frames for just a fraction of the cost at typical retailers — every day. Plus, you get an additional \$20 off orders of \$100 or more, free shipping and free returns.

EyeMed — Get 30% off a new pair of glasses, 20% off non-prescription sunglasses and 20% off all eyewear accessories.

Premier LASIK — Save \$800 on LASIK when you choose any 'featured' Premier LASIK Network provider. Save 15% with all other in-network providers.

TruVision — Save up to 40% on LASIK eye surgery at more than 1,000 locations (over 6.5 million procedures performed in the network).

Nations Hearing — Get hearing screenings and in-home service at no additional cost. All hearing aids start at \$599 each, powered by the Beltone network.

Hearing Care Solutions — Digital instruments start at \$500. Plus, get a free hearing exam. Hearing Care Solutions has 3,100 locations and eight manufacturers, and offers a three-year warranty, two years of batteries and unlimited visits for one year.

Amplifon — Get 25% off, plus an extra \$50 off one hearing aid; \$125 off two.

ProClear™ Aligners — Get \$1,200 off a set of custom aligners. Improving your smile shouldn't cost a fortune. Now you can get a beautiful, professional smile in the comfort of your own home — all at a 50% savings. No metal braces; no time-consuming dentist visits; no hidden fees. Order now and get a free whitening kit, along with your great-looking smile.

Anthem. 

SpecialOffers on anthem.com

Fitness and health

Active&Fit Direct™ — Active&Fit Direct allows you to choose from more than 9,000 participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes). Offered through American Specialty Health Fitness, Inc.

FitBit — Get fit your way with Fitbit trackers and smartwatches that fit with your lifestyle, budget and goals. Save up to 22% on select Fitbit devices.

Garmin — Get 25% off select Garmin wellness devices.

Jenny Craig — Take advantage of a free, three-month program (food not included) plus \$120 in food savings (purchase required), or save 50% off premium programs (food cost separate).

ChooseHealthy — Get discounts on acupuncture, chiropractic, massage and fitness clubs.

Global Fit — Get discounts on gym memberships, fitness equipment, coaching and more.

Family and home

23andMe — Get \$40 off each Health + Ancestry kit. Your DNA says a lot about you. Save 20% on a 23andMe kit and learn about your wellness, ancestry and more.

Safe Beginnings® — Babyproof your home while saving 15% on everything from safety gates to outlet covers.

Nationwide Pet Insurance — Receive an automatic 5% discount when you enroll through your company or organization. Save up to 15% when you enroll multiple pets.

ASPCA Pet Insurance — Get 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

WINFertility® — Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

LifeMart® — Get great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

Medicine and treatment

SelfHelpWorks — Choose one of the online Living programs and save 15% on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep or face an alcohol problem.

Brevena — Enjoy a 41% discount on BREVENA® skin care creams and balms for smooth, rejuvenated skin from face to foot.

Puritan's Pride — Choose from a large selection of discounted vitamins, minerals and supplements from Puritan's Pride.

Allergy Control Products — Save 20% on select doctor-recommended products such as allergy friendly bedding, air purifiers and filters, asthma products and more. Plus enjoy free shipping on all orders over \$79 when shipping ground within the contiguous U.S.

National Allergy® supply — Save 20% on select National Allergy® Doctor Recommended Products.

- o Allergy bedding
- o Air purifiers and filters
- o Home allergy products
- o Personal care
- o Humidifiers and dehumidifiers
- o Vacuums and steam cleaners

To find the discounts that are available to you, log in to [anthem.com](https://www.anthem.com) and select Discounts.

* All discounts are subject to change without notice.

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