

2022 Well-Being solutions guide

Download Sydney Health!

Downloading Sydney is the first step in connecting to benefits, claims, & wellness features.

- **What is Sydney Health?**
 - [Sydney Health](#)
 - [Take me to Anthem.com](#)
- **How can I get Registered?**
 - [Register for Anthem.com/Sydney Health](#)
- **Additional Digital Features**
 - [My Health Dashboard](#)
 - [Find Care](#)
 - [My Family Health Record](#)
 - [Anthem Skill for Alexa](#)

Virtual Care

*Private & secure visits with board-certified physicians from your smartphone, tablet or computer. **Subject to plan benefits***

- **Visit a doctor, virtually!**
 - [Medical & Specialty Visits](#)
 - Virtually participate in a video visit with multiple providers with through the Sydney app
 - Allergists
 - Psychologists/ Psychiatrists
 - Sleep Therapists
 - Dermatologists

Promoting Healthier Lives

*Our programs target well-being for all! Below are health features within your plan . **Click each link below to learn more***

- **Do you have a chronic condition?**

- Let's improve outcomes through self-management, healthy strategies and preventive compliance.
 - [Condition Care](#)
 - [Understanding Diabetes](#)
 - [Understanding Heart Disease](#)
 - [Addressing Pre-Diabetes](#)

- **24/7 Access to a Nurse**

- 24/7 access on healthcare questions/concerns!
 - [24/7 Nurseline](#)

- **Case Management**

- Nurse coaching for high-risk members prior to/following major medical event. Designed to optimize health.
 - [Case Management](#)
 - [Cleveland Clinic Complimentary Review](#)

- **Behavioral Health & Emotional Wellbeing Resources**

- Tools & resources available to help both you & your dependents
 - [Behavioral Health Case Management](#)
 - [Emotional Well-Being Resource Center \(Learn 2 Live App\)](#)
 - [Managing Stress](#)

COVID Resources

- [COVID Health Pass](#)
- [Vaccine Myths](#)
- [Community Health Resources](#)

Additional features

- **Preventive Care**
 - Learn how to close gaps in care by going to preventive care visits. Anthem cares about your health, you may receive a confidential call from us.
 - [Preventive Care](#)
 - [Why is Anthem Calling?](#)
 - [Addressing Gaps in care](#)
 - [Questions to ask your doctor](#)
 - [Explanation of Benefits EOB](#)
- **[Special Offers](#)**

To speak with a representative,
please dial the member services
number on the back of your ID card.