

# Supporting your best health

Well-being resources you can access from almost anywhere

Good health is important for living a full life. That's why Anthem offers a variety of wellness programs that help you stay healthy and active, so you can feel happier and more engaged in your life. Find out more about the services listed below at **anthem.com**. While you're there, you can explore all the programs and products available to you as an Anthem member.



## Virtual care

Visit a doctor 24/7 through video or chat using the Sydney<sup>SM</sup> Health app for common health concerns like allergies, a cold, or the flu, and new prescriptions. You can use the Symptom Checker first to assess your symptoms and get care advice. Video visits are also accessible through LiveHealth Online when you go to **anthem.com**.



## Emotional Well-being Resources, administered by Learn to Live

Find support to live happier. Built on the proven principles of cognitive behavioral therapy (CBT), our digital tools help you identify thoughts and behavior patterns that affect your emotional well-being — and work through them. Learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues. To access this program, log in to **anthem.com**, select **Care**, choose **Health & Wellness Center**, and select **Emotional Well-being Resources**.



## MyHealth Advantage

Connect your claims, doctor reports, and health history for a personalized picture of your health. The MyHealth Advantage program can help you keep health issues from becoming serious. You'll get a MyHealth Note when you need to act on or improve your health — or to save money. MyHealth Note is a confidential health summary that includes prescription drug updates; reminders for checkups, tests, and exams; and lists of recent claims. Access the program through the Sydney Health app or at **anthem.com**.

 **ConditionCare**

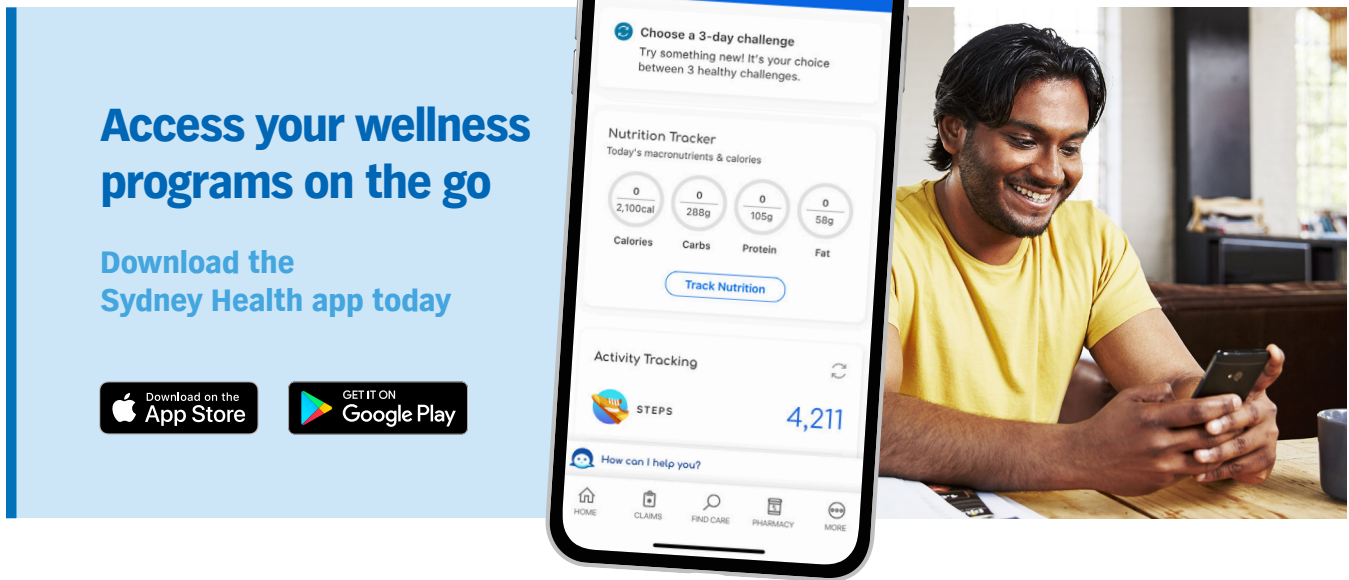
Receive extra support for asthma, diabetes, heart disease, chronic obstructive pulmonary disease, or heart failure. A nurse coach can answer questions and help you reach your health goals, based on your doctor's care plan. You also can work with dietitians, health educators, pharmacists, and social workers to help you feel your best. Sign up by calling 866-962-1069.

 **Future Moms**

Moms-to-be receive personalized support and guidance from registered nurses to help them have a healthy pregnancy, a safe delivery, and a healthy baby. Call 800-828-5891 to register.

 **24/7 NurseLine**

Ask a registered nurse your health questions from anywhere, day or night, by calling 800-337-4770.




**Access your wellness programs on the go**

Download the Sydney Health app today

Download on the App Store

GET IT ON Google Play

**Anthem** 

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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.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

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