

Sydney Health app

Connecting you with your health plan, no matter where you are

With the **Sydney Health** app, you can connect to everything you need to know about your Anthem benefits — personalized and all in one place. **Sydney Health** makes it easier to keep things organized, so you can spend more time focused on your health.

With a few taps, you can access plan details, Member Services, virtual care and wellness resources. The app stays one step ahead of your needs — moving your health forward by building a world of wellness around you.

Download the app

Search for **Sydney Health** on the App Store® or Google Play™. You can also scan this QR code with your phone's camera or text **SYDHEALTH** to **268436***.



Your Family Advocate is here for you

Connect with your Advocate by:



Calling **the phone number on the back of your ID card.**



Logging in to the **Sydney Health** app.

To find care providers near you, visit **anthem.com/ca** or use the **Find Care** tool in the app.



* Message and data rates may apply.

The Backland Joint Pain Program is offered in partnership with Livora, a separate company, providing musculoskeletal management solutions on behalf of your health plan.

Corelan Insights, Inc. is a separate company providing benefit management services on behalf of your health plan.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

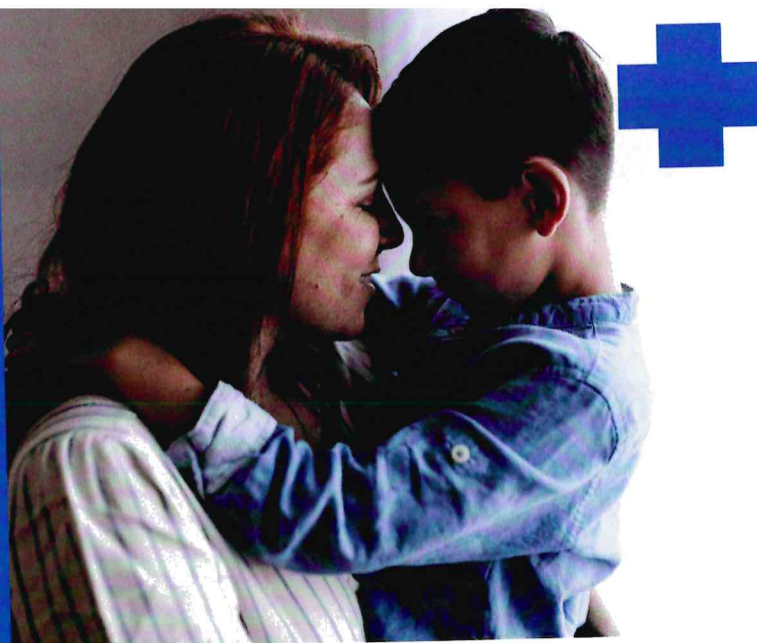
Sydney Health is offered through an arrangement with Corelan Digital Platform, a separate company offering mobile application services on behalf of your health plan.

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

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Your health is personal. Your healthcare should be, too.

Discover how our health benefits and dedicated Family Advocates support all your needs



The Total Health experience

You can count on Total Health for your everyday and unexpected health needs. This program is part of your health plan and offers enhanced benefits and a dedicated Family Advocate as your single point of contact who is ready to help with answers and information. They can connect you and your family with programs that support your whole health, including the physical, mental, and social aspects of your well-being.

Your Family Advocate can help you:

- Find quality care providers and facilities in your plan's network.
- Schedule appointments.
- Understand your benefits, including wellness rewards.
- Stay on top of preventive care and connect you to resources to help you manage your health.

"My Advocate was extremely helpful and very professional. He immediately called the provider and got the problem resolved. Then, he explained what happened and what they were doing to fix the issue along with a timeline. That's the way you should do business." – Total Health member

Feel secure with personalized benefits

Total Health also gives you access to:

- **Clinical Advocates**, such as registered nurses, work with your doctor to create personalized care plans for you, as needed.
- **Inclusive Care** connects LGBTQ+ individuals and families to specialized medical and emotional care.
- **Building Healthy Families** provides guidance and resources for growing your family, having a baby, or raising children age 5 and under.
- **Virtual primary care** allows you to have a video visit with a primary care doctor in your plan's network through the **SydneySM Health** app.
- **Behavioral Health Resource Center** provides expert, confidential, and compassionate care for your mental health virtually or in person, 24/7.

Scan this QR code with your phone's camera to learn more about your Family Advocate.

