Anthem

Anthem's Sydney Health app makes healthcare easier

Look up your personalized health and wellness information from anywhere

If you have an Anthem health plan, our Sydney[SM] Health app can help you make the most of your benefits. Download and use the app to:

- View and use your **digital ID card**.
- Have a **video visit** with a doctor or mental health professional.[1,2]
- **See what's covered** and **check your claims**.
- **Locate care** nearby and **check the cost**.
- Look up your **health history and medical records** — and your family's — with My Health Records.
- Chat with **a live agent** to get answers to your healthcare questions.
- Discover **well-being tips** on your MyHealth Dashboard.
- Find organizations that can help you with **food, transportation, and child care**.

Customized tools to help you stay in good health

The Personalized Preventative Care Checklist uses your claims history to notify you when it's time for you to take preventive care action and helps you plan for future actions.

The Nutrition Tracker logs your meals and tracks your nutrition using food-scanning technology. It also helps you meal plan.

Download our Sydney Health app today!

sydney[SM]

Scan the QR code with your phone's camera or visit anthem.com/ca to use the same features on our website.

1 Appointments subject to availability of a therapist.

2 Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Emergency services are not provided on the Sydney Health app or anthem.com.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional 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.

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