



EMPLOYEE WELLNESS GUIDE

A guide to the programs offered to keep you living your best at home and work.



2026 - 2027

Health & Well-Being Programs

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Sydney Health

Discover a powerful, more personalized health app



SydneySM Health makes healthcare easier. Using this mobile app, you can securely access your personal health and wellness information wherever you are. Use Sydney Health anytime to:



Access your digital ID card

Your digital ID card is always up to date. Show, email, or fax it to your doctor right from the app.



Find support

Receive emotional and mental health guidance, or connect to your Employee Assistance Program (EAP) 24/7.



Manage your benefits

Review coverage and claims, and receive important details about your plan.



Find care

Search your plan's network for a doctor and other healthcare professionals. Connect directly to care through a video visit.



Chat with us

Get answers about your plan benefits through live chat.



Get motivated

Plan and track your health goals, physical activity, and health rewards.

Try Sydney Health today



Scan the QR code with your phone's camera.



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2024

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.

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/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, 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), Healthy Alliance® 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., dba HMO Nevada. 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 Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem Healthchoice Assurance, Inc., and Anthem Healthchoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the tradename of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their 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 POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.



Anthem Health Guide

Your health plan support team



Trying to understand your benefits or connect to care? Anthem Health Guide can help. We'll answer your questions, simplify processes, and explain how to use your benefits. That way you can focus on what matters most — your health.

We're there when you need us

Our role is to listen and be by your side when you need guidance. Let us know how we can support you.

- **When you need help now:** We know you're busy, so we always aim to answer your questions in just one call or chat.
- **When you're not sure what to do:** We'll step in when you don't know what your benefits cover, how much a service will cost, or what doctor to see. We can also help you save on your prescription drugs by switching to generic from brand-name, if available.
- **When you need help coordinating care:** Your health is important. We'll work with you to schedule appointments and make sure you take full advantage of your benefits.



Connect with Anthem Health Guide

Call us at **833-388-1403** or scan the QR code to download the SydneySM Health mobile app. Log in, choose **Customer Support**, and select **Contact Us**.



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem Blue Cross and Blue Shield.

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See a doctor anytime, anywhere — no appointment needed

The ER isn't your only option when you need urgent care

If you think you're experiencing a life-threatening emergency or your health is in serious jeopardy, you should always call 911 or go to the emergency room (ER) immediately. However, if you need nonemergency care quickly, but your primary care doctor isn't available, it's important to know you have options besides the ER.

Now more than ever, people are turning to virtual care (also known as telehealth or telemedicine) from experienced doctors on their phones, tablets, and computers. It's a convenient, affordable choice when you want help right away with urgent issues.

Why virtual care?

Help is available 24/7



Fast doctor visits through your phone, tablet, or computer — no appointments or waiting rooms

Affordable care option



Virtual visits cost significantly less than a trip to the emergency room¹

Reliable care you can trust



Manage your urgent care needs and receive expert advice, treatment plans, and prescriptions²



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What can virtual doctors treat?



Virtual doctors can typically treat conditions and symptoms including:³

- Colds
- Sore throats
- Headaches
- Mild fevers
- Stomach aches
- Uncomplicated urinary tract infections (UTIs)
- Care management for certain chronic conditions
- Sprained wrists, fingers, or ankles
- Back pain
- Joint pain



As part of your treatment plan, your virtual doctor can also:

- Prescribe certain medications.
- Recommend specialists.
- Order lab tests.
- Tell you if it's time to seek care in person.
- Recommend over the counter medications or treatments.

Are you ready to try a virtual visit?

Next time you're not feeling well, telehealth may be able to help.



Download the Sydney HealthSM app today

Use the Sydney HealthSM app for a virtual visit with a doctor 24/7. Video call, text, or chat with a doctor who can help you feel better — no appointment required.



Use your phone's camera to scan this QR code.

You can also ask your primary care doctor if they offer telehealth visits.

¹ Costs are calculated according to the member's estimated out-of-pocket costs and average health plan copays. Care outside of your network may cost more out of pocket. Call the Member Services number on your ID card if you have questions about your plan.

² Your doctor will prescribe you medications as they see fit.

³ If you believe you are having a life-threatening emergency or your health is in serious jeopardy, call 911 immediately.

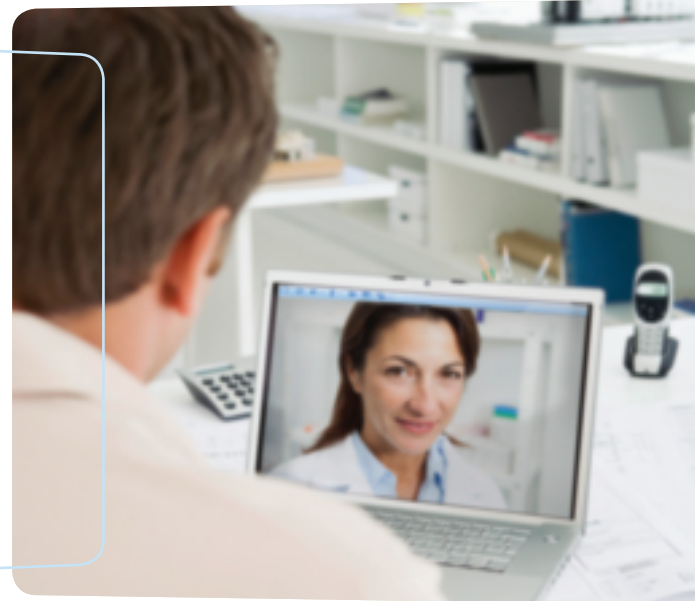
In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive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

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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No waiting room, no need to leave home.

You can also meet with board-certified Psychiatrists using LiveHealth Online!



When you're not feeling well you can get the support you need easily using LiveHealth Online. Whether you have a cold, you're feeling anxious or need help managing your medication, doctors and mental health professionals are right there, ready to help you feel your best. Using LiveHealth Online you can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet or computer from home or anywhere.

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.

On LiveHealth Online, you can:

- **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.
- **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.
- **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.

Sign up for LiveHealth Online today – it's quick and easy

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



1 Prescription availability is defined by physician judgment and state regulations. Visit the home page of livehealthonline.com to view the service map by state.

2 Appointments subject to availability of a therapist.

3 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Appointments subject to availability.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

If you're a retiree or have coverage that complements your Medicare benefits, your employer sponsored health plan may not include coverage for online visits using LiveHealth Online. Check your plan documents for details. You can still use LiveHealth Online, but you may have to pay the full cost of a visit. Online visits using LiveHealth Online may not be a covered benefit for HRA and HIA+ members.

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.

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A program focused on improving your health

Introducing personal diabetes prevention coaching

Roughly 96 million Americans are living with prediabetes, but 80% aren't even aware they have it.¹ Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. For Hispanic Americans, there is an increased risk of prediabetes, and the chances of developing type 2 diabetes are more than 17% higher.² That's why Anthem has partnered with Lark to offer a Diabetes Prevention Program that can help you determine if you're at risk for prediabetes and, if needed, take steps to address it.

This program can help you:



Lose weight



Eat healthier



Increase activity



Sleep better



Manage stress

Better health is within your reach

Participate in this program at no extra cost as part of your health plan. Track your progress, have weekly phone sessions with your coach, and learn about prediabetes. This program is flexible, customized for you, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.



Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.4% of their body weight in 12 months on the Diabetes Prevention Program.³ As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress, so you can share updates with your coach.

Personal coaching support

Your coach can help keep you motivated and offer extra support for your health goals. During the course of the program, your coach will:

- Email you weekly lessons on topics such as staying motivated, finding time for physical activity, and grocery shopping for healthy foods.
- Offer personalized advice during regular phone coaching sessions (the program includes up to one call per week).
- Help you learn about how stress affects your health and how to cope with it.

You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.



Learn if you are at risk for prediabetes

Go to lark.com/anthem and take a quick one-minute survey to see if you could benefit from Lark's Diabetes Prevention Program.



¹ Centers for Disease Control and Prevention website: Prediabetes - Your Chance to Prevent Type 2 Diabetes (accessed September 2022): cdc.gov.

² Centers for Disease Control and Prevention website: Hispanic or Latino People and Type 2 Diabetes (accessed September 2022): cdc.gov.

³ Lark internal data for members enrolled between May 2019 and April 2020.

Diabetes Prevention Program is provided by Lark, an independent company.

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Employee Assistance Program Service Summary Diocese of Toledo Health Benefits Trust



Available 24/7, 365 days a year
Everything you share is confidential*

Life can be full of challenges. Your Anthem Employee Assistance Program (EAP) is here to help you and your household members. EAP offers a wide range of **no-cost** support services and resources, including:



Counseling

- Up to 6 visits per issue
- In-person or online visits
- Call EAP or use the online Member Center to initiate services



Legal consultation

- 30-minute phone or in-person meeting
- Discounted fees to retain a lawyer
- Free legal resources, forms, and seminars online



Financial consultation

- Phone meeting with financial professionals
- Regular business hours; no appointment required
- Free financial resources and budgeting tools online



ID recovery

- Help reporting to consumer credit agencies
- Assistance with paperwork and creditor negotiations



myStrength

- E-learning modules and mood trackers
- Library of videos, articles, and inspirational quotes
- Support developing personal action plans



Dependent care and daily living resources

- Online information about child care, adoption, elder care, and assisted living
- Phone consultation with a work-life specialist
- Help with pet sitting, moving, and other common needs



Other anthemEAP.com resources

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for emotional health issues



Crisis consultation

- Toll-free emergency number; 24/7 support
- Online critical event support during crises

We are ready to support you

You can call us at **800-865-1044**, or go to **anthemEAP.com** and enter your company code: **Diocese of Toledo**.

When something unexpected happens, EAP can help you figure out your next steps. Contact us today.

* In accordance with federal and state law, and professional ethical standards.

This document is for general informational purposes. Check with your employer for specific information on the services available to you.

Language Access Services – (TTY/TDD: 711)

Spanish – Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda.

Chinese – 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。

Anthem complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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With you every step of the way

Emotional Well-being Resources offer help when you need it



Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you and your household live your happiest, healthiest lives.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Log in to [anthem.com](https://www.anthem.com), go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.

Effective: 1/1/22

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.



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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Protecting your health and wellness

Discover no-cost programs that can help

Your health plan comes with programs to help you confidently care for your well-being. It doesn't matter what health issues you may be experiencing or even what stage of life you're in – there is a program for everyone.

ConditionCare

Managing chronic conditions, such as asthma, diabetes, chronic obstructive pulmonary disease (COPD), or heart disease requires extra care and attention. To help you be at your best, the ConditionCare program offers free resources, including:

- 24/7 phone access to nurses who can address your health questions and concerns.
- Support from healthcare professionals to help you reach your health goals.
- Educational guides and useful tools to help you learn more about a certain condition.



Connect with the support you need

- 24/7 NurseLine: **800-337-4770**
- ConditionCare: **866-962-1071**
- Find Building Healthy Families in your plan's mobile health app.



Building Healthy Families

Whether trying to conceive, expecting a child, or in the thick of raising young children, Building Healthy Families offers personalized, digital support to help each family navigate their unique journey. You can find Building Healthy Families in your plan's mobile health app to do things like:

- Track baby's feedings, diaper changes, and developmental milestones.
- Monitor prenatal health risks and receive updates on your pregnancy progress.
- Explore a library with thousands of educational articles and videos.
- Connect with one-on-one pregnancy support in the app or over the phone.



24/7 NurseLine

When your allergies flare up on the weekend or your little one spikes a fever at 3 a.m., you can ask a registered nurse for advice by calling 24/7 NurseLine. Nurses are ready any time of the day or night to:

- Answer your questions.
- Recommend where to go for care when your doctor isn't available.
- Help you find healthcare professionals in your area.
- Enroll you and your dependents in health management programs.
- Remind you about important preventive screenings and exams.

Enroll today

1. Visit [anthem.com](https://www.anthem.com) or log in to Sydney Health.
2. Find *Featured Programs* at the bottom of the homepage.
3. Select **View All** then choose the **Building Healthy Families** tile.

You can also scan this QR code with your phone's camera to get started.



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

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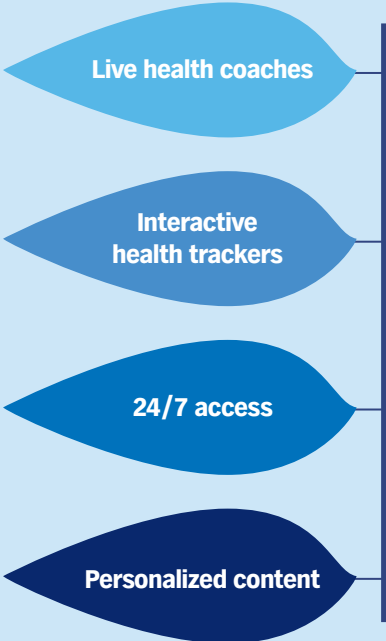


Building Healthy Families



A new program to support growing families

Benefits to help you thrive



Every family grows in its own way. That's part of what makes each one unique. Anthem's new, all-in-one program, at no extra cost to you, can help your family grow strong whether you're trying to conceive, expecting a child, or in the thick of raising young children.

Building Healthy Families offers personalized, digital support through the SydneySM Health mobile app or on **anthem.com**. This convenient hub offers an extensive collection of tools and information to help you navigate your family's unique journey.

Designed with you in mind

When you enroll in Building Healthy Families, you can count on personalized support at every stage. You'll have unlimited access to:

Digital tools and resources for pregnancy and beyond

- Track your ovulation.
- Monitor prenatal health risks, such as blood pressure and weight.
- Receive updates on your pregnancy progress, like development of your baby and body changes.
- Log feedings, diaper changes, growth, vaccinations, and developmental milestones.

Health and wellness expertise for your family and pregnancy

- Talk to a health coach via chat or phone during pregnancy about your questions and concerns.
- Explore a library with thousands of educational articles and videos.
- Connect with a maternity nurse and access lactation support.

This is an exciting time for your family, but that doesn't mean there aren't challenges. Building Healthy Families has the support you need to nurture a healthy pregnancy and tackle every stage of your family's growth with confidence.



To enroll

Open the Sydney Health mobile app and go to *My Health Dashboard*. Choose the Building Healthy Families tile under *Featured Programs*.

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Cancer Care Navigators

Supporting you through your cancer experience

If you are facing cancer, we'd like to help make your life less stressful during this time. Anthem's Cancer Care Navigators are ready to help manage your care, so you can focus on your well-being. The program is included with your benefits, and it comes at no extra cost.

Cancer Care Navigators are health educators specially trained to understand your diagnosis and unique needs. They can:

- Coordinate your care and act as a single point of contact for you, your oncologist, and your care team.
- Support both your emotional and physical health.
- Connect you and your loved ones to community resources.
- Answer questions about your treatment, medication, side effects, as well as Anthem benefits.
- Help prevent unnecessary procedures, tests, and emergency room or hospital visits.

Wherever you are with your cancer diagnosis, Anthem's Cancer Care Navigators are here to support you with compassion and empathy. To learn more about the program, call **833-649-0669**.



Anthem 

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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Every experience is different, but here is what working with a Cancer Care Navigator may look like:



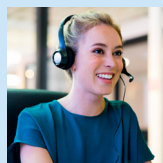
Meet Shelley. She has breast cancer.

Based on her diagnosis and treatment plan, Shelley is at high risk for having issues with chemotherapy. To support her through treatment, Shelley is assigned a personal Cancer Care Navigator named Melissa.



Melissa contacts Shelley's oncologist to learn more about her situation.

She finds out Shelley's doctor has been handling her transportation for chemotherapy appointments but is now too busy to provide the service.



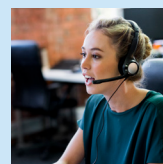
Melissa then calls Shelley to introduce herself, explain her role, and see how Shelley is coping.

Melissa wants to make sure she is aware of Shelley's unique circumstances and any concerns she may have about care. As they talk, Shelley reveals she has been struggling with anxiety. Melissa listens, reassures her, and schedules another call.



Melissa reaches out to Shelley for the second time and tells Shelley she has scheduled transportation for her next chemotherapy appointment.

Melissa mentions that Shelley has behavioral health resources through her health plan, including access to telehealth services and 24/7 NurseLine. Melissa emails links to Shelley for local support groups and sets up her third chemotherapy appointment.



Melissa follows up with Shelley's oncologist about her new transportation arrangement and growing anxiety.

The oncologist reports that Shelley has not been taking her medication regularly. Melissa calls Shelley to find out why she may be having trouble. Melissa offers to give Shelley daily reminders and to check in with Shelley's oncologist to monitor her progress.

In this example, the Cancer Care Navigator helps improve Shelley's care and educate her about support services available to her.

You're eligible for Concierge Care

A digital app to help manage your health conditions

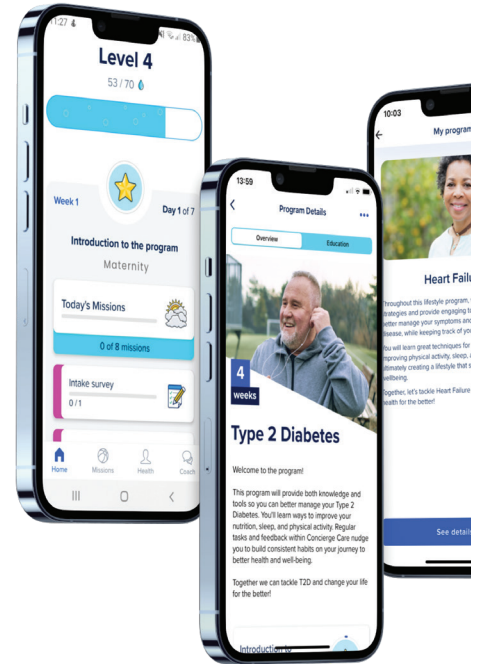
Concierge Care is an app that provides ongoing support, including a health advocate who acts as your personal guide to better health. It's fully covered by your Anthem Blue Cross and Blue Shield plan. With Concierge Care, you can have health assistance anywhere and everywhere you go.

4 short steps to personal support

To sign up:

1. Choose the program below that relates to your health condition. You can choose more than one.
2. Scan the QR code using your phone's camera.
3. When you get a text message, use the link to download the app.
4. Fill out your information.

After you've completed these steps, your health advocate will be in touch to answer questions and get you started.



Let's begin feeling better

Select your program and scan the QR code beside it.



Type 2 Diabetes

Tracking symptoms and consistent care to control your diabetes



Post-hospitalization

Assistance to bounce back stronger after hospitalization for a serious condition



Behavioral Health

Connecting you to support for your mental well-being, an ideal partner to our physical health programs



Heart Health

Helping you manage and monitor your heart health — while building new, healthy habits



Inflammatory Bowel Disease

Providing expert recommendations to find the best treatment for your Crohn's disease and ulcerative colitis



We can't wait to connect with you

You don't need to wait to receive high-quality care. Anthem's Concierge Care app is designed to guide, support, and move you toward better health now. Take the first step today.

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Wellbeing Solutions




Focus on wellness and earn rewards up to \$200


Complete activities to earn rewards

The Wellbeing Solutions program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you complete any of the employer-sponsored activities below, you'll earn rewards to put toward electronic gift cards for select retailers. Choose the activities you'd like to complete to receive up to \$200.

Activity type	Activities	Amount
 <p>Digital & wellness activities Rewards are added to your account as you complete activities on the SydneySM Health app or on anthem.com.</p>	Log in to your Anthem account	Up to \$20 (\$5 per quarter)
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$20
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$25 (\$5 per action plan)
	Track your steps	Up to \$60 (\$2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins ¹	Up to \$20 (\$4 per milestone)
	Update your contact information	\$15
	Select a primary care provider (PCP) in Sydney Health	\$10
	Participate in Emotional Well-being Resources program	\$5
	Log daily nutrition (at least 45 days per quarter)	Up to \$12 (\$3 per quarter)
Use any Employee Assistance Program (EAP) service if your employer provides Anthem EAP.	\$5	



Activity type	Activities	Amount
 <p>Preventive care Complete your annual screenings or wellness visits. Rewards are added to your account after your claim is processed (may take up to 60 days).</p>	Have an annual preventive wellness exam or well-woman exam with your doctor	\$25
	Get an annual cholesterol test (men ages 35 and older, women ages 40 and older, or upon doctor recommendation)	\$20
	Have a colorectal cancer screening (ages 45 and older or upon doctor recommendation)	\$25
	Have a routine mammogram (women ages 40 to 74 or upon doctor recommendation)	\$25
	Have an annual eye exam ²	\$25
	Get an annual flu shot	\$20
	Get an A1C lab test	\$10

Activity type	Activities	Amount
 <p>Condition management Rewards are added to your account as you meet benchmarks or complete a program.</p>	ConditionCare: Work one on one with your health coach and earn rewards for participating in and completing the program ³	Up to \$50 (\$20/\$30)
	Building Healthy Families: Help your family grow and thrive through the Sydney Health app and earn rewards for completing certain activities ⁴	Up to \$40 (\$10 per milestone)
	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward ⁵	\$25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward ⁶	\$25
	Get a diabetic foot exam	\$25
	Get a LDL or lipid diabetic lab test	\$10
	Get a microalbumin and eGFR diabetic lab test	\$10

Achieve your health goals with Well-being Coach

The Well-being Coach digital coaching app can help you maintain a healthy weight or quit tobacco, while improving your nutrition, exercise, mindfulness, and sleep. To access your Well-being Coach for personalized digital and phone support, go to the Sydney Health app or [anthem.com](https://www.anthem.com).



Earn and redeem your rewards

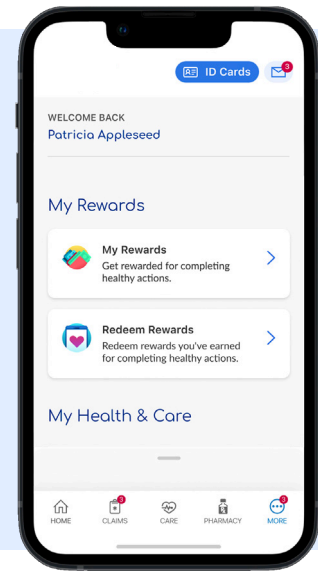
Start by logging in to Sydney Health and scroll down to *My Rewards*. From there you can:

Choose **My Rewards** to:

- Get a quick view of earning activities.
- See a snapshot of your reward status.

Choose **Redeem Rewards** to:

- Get electronic gift cards for stores like Amazon, Apple, Target, Uber, and others.⁷



Scan this QR code to view your rewards on the Sydney Health app. You can also log in to [anthem.com](https://www.anthem.com), and scroll down to *My Rewards*.

¹ Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values are first check-in: \$4; next 15 check-ins during first quarter: \$4; 25 check-ins during second through fourth quarters: \$4 each quarter. Log in to Sydney Health or [anthem.com](https://www.anthem.com) to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

² Annual eye exam reward is available if employer provides vision coverage in addition to medical benefits through Anthem.

³ Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in one of five ConditionCare programs and completion for one of five ConditionCare programs: chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), asthma, diabetes, and congestive heart failure (CHF). Rewards include \$20 for program participation and \$30 for program completion.

⁴ Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed by one day prior to delivery; at least one of six mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include \$10 for profile completion; \$10 for a BHF Pregnancy Screener; \$10 for completing at least one of six mini assessments; and \$10 for a postpartum assessment.

⁵ Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a body mass index (BMI) of 30 or higher.

⁶ Well-being Coach Tobacco Cessation program (telephonic) is available for members who are identified as high risk based on any tobacco usage.

⁷ Retailers include Amazon, Apple, all Gap brands, Target, The Home Depot, T.J. Maxx, Uber, and Uber Eats. Monetary value varies by retailer.

We encourage you to actively participate in your rewards program. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited six months after the end of your plan year. Make sure to redeem them before then.

All preventive care activities are claims based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities.

Rewards eligibility applies only to subscribers and their enrolled spouse/domestic partner (if applicable) with Anthem medical benefits unless employer chooses subscriber-only rewards. Eligible members must be active on the plan and their activity must take place during the plan year. A subscriber and eligible spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

Rewards for completed preventive care activities are issued under the medical plan that pays for the claim. Rewards for completed condition management activities are issued under the medical plan that pays for the condition management benefit. Digital and wellness activity rewards can be issued under multiple medical plans, if you have dual Anthem coverage.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.

Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to [anthem.com](https://www.anthem.com) or open the Sydney Health app to explore the electronic gift card options available to you.

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