



**Access All your Anthem Programs for support on the go with the Sydney Health app in the “Programs” Section**

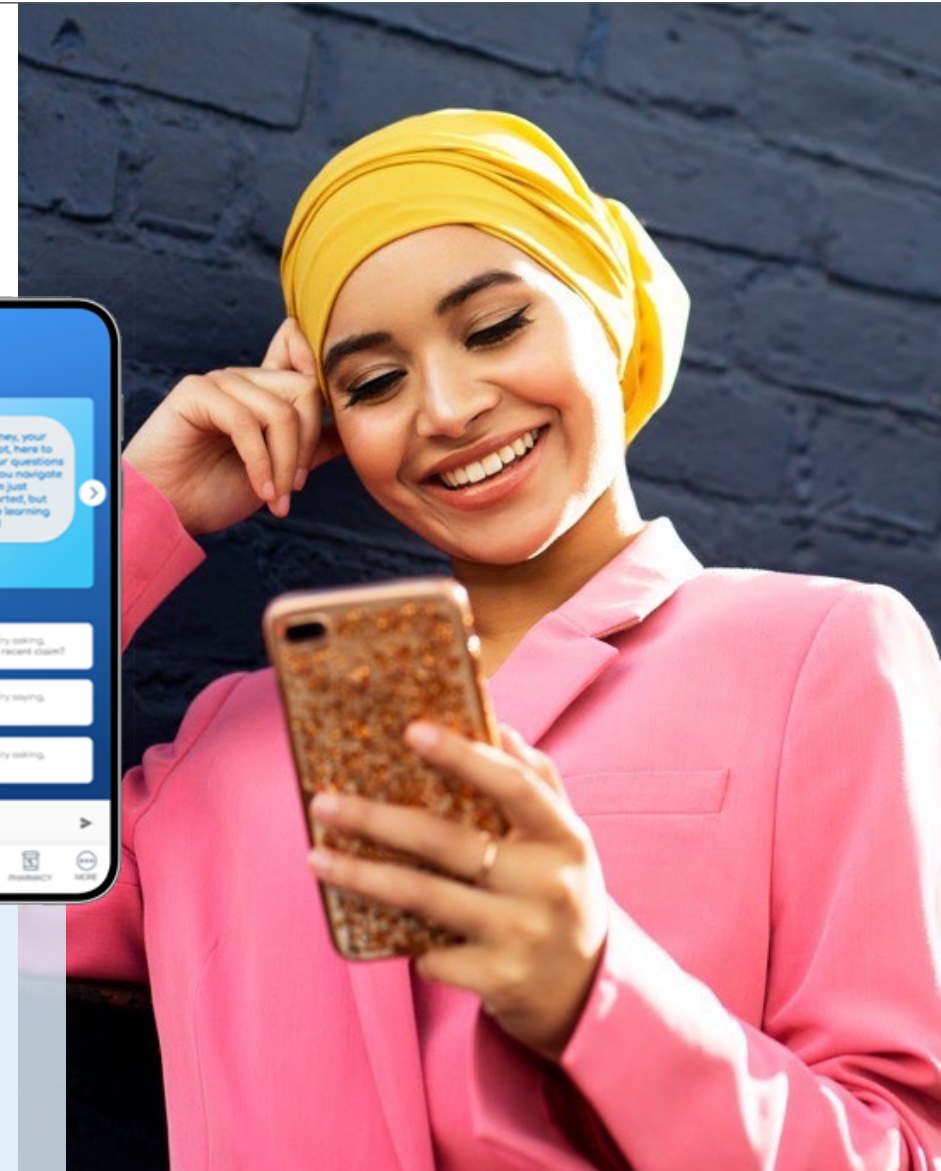




# Sydney Health mobile app

Download Sydney Health and register on the app to take full advantage of your Anthem plan.

- **Find care** and check costs.
- **See all benefits.**
- **View claims** and payment information.
- View and use **digital ID cards.**
- **Manage prescription** orders and refills.
- **Get answers quickly** with the interactive chat feature.
- Access **Telehealth** .
- Access **wellness resources** and rewards.
- Sync with your **fitness tracker.**
- **Reach Member Services** for support.





# Motivating through Sydney challenges\*

**Earn up to \$50!**  
\$25 for Completing Each Team challenge

Get Engaged and Inspired through a Fun, Social, and Rewarding “challenge” through the Sydney Health<sup>SM</sup> app.

- Integrates with the most popular activity devices, making it easy for you to participate with:
  - Fitbit®, Garmin®, iHealth®, Misfit, and Apple® HealthKit®
  - The ability to manually enter activity
  - An inclusive conversion chart of various fitness activities
  - Physical, Emotional, Social and Financial Wellbeing
- Available to employees and covered spouses
- Participants can create their own teams and invite colleagues or covered family members to join whatever challenge is set and announced.
- Look for 2 Team challenges in 2024. Each normally run for 4 weeks.

