



# Sydney Health makes healthcare easier

Anthem's app provides answers and support in the way that works best for you

The Sydney<sup>SM</sup> Health app gives you one convenient place to keep track of your Anthem health plan and your health, in the way that works best for you. Sydney makes it easy to find care, look up information about benefits and claims, and track your progress toward health goals.

## With Sydney Health, you can:

- View and use your digital ID card.
- Check costs and find a doctor near you.
- Connect with an Anthem nurse and Student Support Specialist by live chat or phone.
- Use the handy symptom checker and have a video visit or text session with a doctor without an appointment.
- Access your medical, pharmacy, vision and dental benefits and claims.
- Find mental health and well-being resources.

Sydney Health keeps your health and your health benefits within reach every day.

## Start using Sydney Health today\*

Download the app or scan this QR code with your phone's camera. Then register using your student ID number and the password ENTER PW HERE. If you are an international student, USER KEYS IN INFORMATION HERE



\* You must be enrolled in Anthem Student Advantage to download the Sydney Health app.

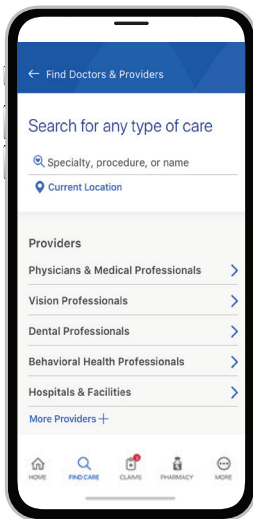
In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive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

Sydney Health is offered through an arrangement with Cerebral 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.

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](http://anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, 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 Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its 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.

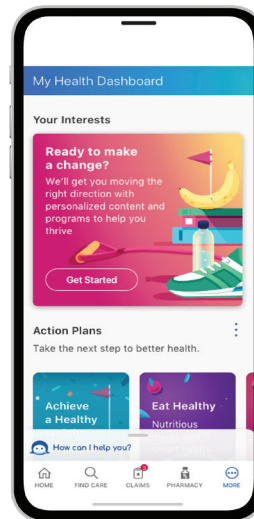
# Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you

Top tips to help Sydney Health work best for you



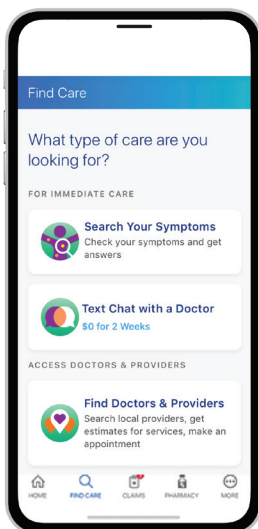
## Make it personal

Personalized Match helps you find a doctor in your plan who's right for your unique needs and preferences. You can also set up healthcare reminders and alerts. The more you use it, the more Sydney Health can help you stay healthy and save money.



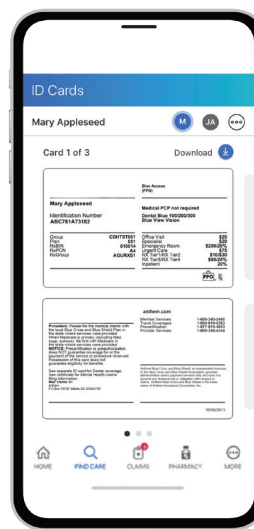
## Follow your interests

*My Health Dashboard* can be your guide for better health and well-being. Find videos, articles, and recipes; build an action plan to help you meet your health goals; sync your fitness tracker; track your progress; and earn rewards.



## Check costs for care

Before going to the doctor, you can see how much you might pay. Use the **Care** button at the bottom of the screen, then choose **Find Care & Cost**. Search by **Procedures** to get a price estimate.



## Keep your member ID card handy

You never know when you may need healthcare. Download your member ID card to your phone, so it's always with you. Then you can share it right from your phone.

“So easy to use! It's great when my health insurance company cares enough to have an easy-to-use app to get my ID card, see my claims, renew prescriptions, etc. All in one place!”

— David V