



# The Sydney Health app makes managing your health plan benefits easier

Access personalized health and wellness information wherever you are



Use **Sydney<sup>SM</sup> Health** to keep track of your health and benefits — all in one place. The app gives you 24/7 access to your benefits, claims information, and health plan ID card. You can also use it to find doctors, set up virtual care visits, and order prescriptions.

## Find Care

Search for doctors, hospitals, and other care providers in your plan's network and compare costs. You can filter care providers by what is most important to you, such as gender, languages spoken, or location. You'll be matched with the best results based on your personal needs.

## My Health Dashboard

Find news on health topics that interest you, tips for health and wellness, and personalized action plans to help you reach your goals. My Health Dashboard also offers a customized experience just for you, such as syncing your fitness tracker and scanning and tracking your meals.

## Chat

Use Sydney Health to ask questions about your benefits, get help finding information, or chat with a Member Services representative.

## Virtual Care

Access care from the convenience of home. You can assess your symptoms quickly using the Symptom Checker or talk to a doctor via chat or video session.

## Community Resources

Use this resource center to connect with organizations offering special benefits at no additional cost and get help finding food pantries, home maintenance, utility assistance, and other resources.

## My Health Records

See a full picture of your health in one secure place. You can view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.

## ¿Prefieres obtener información en español?

Tienes opciones. Si tu teléfono móvil ya está configurado en español, la aplicación Sydney Health también estará en español. Si no es así, selecciona el **menú** dentro de la aplicación Sydney Health y elige **el idioma de la aplicación**. También puedes visitar **[anthem.com/es/ca](https://www.anthem.com/es/ca)**.



## Download the Sydney Health app today

### Use the app anytime to:

- See what's covered and check claims.
- View and use digital ID cards.
- Check your plan progress.
- Fill prescriptions.



Scan the QR code with  
your phone's camera  
to download the app.

You can also set up an account at  
**[anthem.com/ca/register](https://www.anthem.com/ca/register)** to access most  
of the same features from your computer.

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.

In California Anthem Blue Cross is the trade name of Blue Cross of California, Inc. Also serving California: Anthem Blue Cross Life and Health Insurance Company. In 11 northeastern counties of New York Anthem Blue Cross is the trade name of Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc., and Anthem Blue Cross HP is the trade name of Anthem HP, LLC. Independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Anthem Blue Cross are HMO, HMO POS plans with a Medicare contract. Anthem Blue Cross Life and Health Insurance Company and Anthem Blue Cross Retiree Solutions are PPO plans with a Medicare contract. Anthem Blue Cross is an SNP plan with a Medicare contract and a contract with the California Medicaid program. Enrollment in Anthem Blue Cross, Anthem Blue Cross Life and Health Insurance Company and Anthem Blue Cross Retiree Solutions depends on contract renewal.