



# Access healthcare support with our Sydney Health app

Personalized health and wellness information wherever you are

Your health deserves support. You can find it on the Sydney<sup>SM</sup> Health mobile app — an all-in-one place to manage your care and take full advantage of your healthcare benefits. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health is here 24/7 to help move your health forward by building a world of wellness around you.

## Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you, such as gender, languages spoken, or location.

## My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals.

## Live Chat

Find answers quickly with the Live Chat tool in Sydney Health. You can use the interactive chat feature or talk to one of our representatives when you have questions about your benefits or need information.

## Virtual care

Connect directly to care from the convenience of home. Assess your symptoms using the Symptom Checker, then consult with a doctor through a video visit or text session.

## Community resources

This resource center helps you connect with organizations offering free and reduced-cost programs to help with everyday needs, such as food, transportation and child care.

## My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information, such as health histories and electronic medical records, directly from your smartphone or computer.



## Download our Sydney Health app today

Use it anytime to:

- Find care and compare costs.
- See what's covered.
- Check claims.
- View and use digital ID cards.



Use your smartphone camera to scan this QR code and download Sydney Health.



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