



# Take charge of your health

The Sydney Health app gives you access to healthcare from anywhere

Everything you need for easy access to your health information and benefits is at your fingertips. Take charge of your health from your smartphone or mobile device with the Sydney<sup>SM</sup> Health app.

## Using Sydney Health, you can:

- Compare costs for hundreds of procedures
- Check your symptoms
- Search for a doctor
- Get immediate answers to your questions through real-time chat
- Look up the status of a claim
- Review your benefits
- View your digital ID card
- Order medicine
- Manage your healthcare spending accounts

With Sydney Health, you can take advantage of features that can help you save time, money, and manage your health.

## How to get started:

### For questions about enrollment

Call 855-646-4752

### For Member Services

Call 800-735-6072

### For web support or technical issues

Call 866-755-2680

### For information about your plan

Visit [anthem.com/cuhealthplan](https://www.anthem.com/cuhealthplan)

Plan number: 195610

## To download the Sydney Health app



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

You can also download the **Sydney Health** app from the App Store<sup>®</sup> or Google Play<sup>™</sup>.



# The Sydney Health My Health Dashboard

## Your guide to better health and well-being

The Sydney Health Dashboard offers personalized support and health topics that interest you, useful health and wellness tips, and individualized action plans that can help you reach your goals. You can also find and connect with clinical and well-being programs for help with conditions such as pregnancy and heart disease.

### With My Health Dashboard, you can:



#### Set goals

Answer 10 questions about your health goals, and Sydney Health will personalize your dashboard to show where you may be able to improve.



#### Personalize your action plan

Work toward your health goals and make healthy choices that fit your lifestyle. Plans include getting active, eating healthier, losing weight, reducing stress, and sleeping better. You can even sync your wearable fitness device to the app for easy activity tracking.



#### Learn about healthy living

Find videos and online articles with tips on healthy living, including nutritionist-approved recipes and meal plans.



#### Keep moving

Stay motivated with support throughout your journey that includes awards, profile badges, and points to help you stay on track.

### My Health Rewards

My Health Dashboard activities can also help you earn up to \$150. When you reach your first milestone, you'll receive a preloaded My Health Rewards card. Every time you reach a milestone, money will be automatically added to your card. Your My Health Rewards card can be used where major credit cards are accepted.\*

## We are here to help

If you have questions, please call Member Services at **800-735-6072** or visit [anthem.com/cuhealthplan](https://www.anthem.com/cuhealthplan).

\* Members aged 18 and over, including subscribers' adult children aged 18 and older, are eligible for gym reimbursement. Payout is per member per benefit year. The amount of reimbursement may be considered income and subject to state and federal taxes. We recommend that you consult a tax expert with questions regarding your tax obligations.

This program is designed to help you make healthy, safe, and small changes to your lifestyle. Before taking part in this program, talk to your doctor or healthcare provider – especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.

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