

# Health & Wellness

*Programs to support you along the way.*

As an Anthem member, you have access to health and wellness tools that can change the way you think about healthcare and how you use your benefits. And they were designed with you in mind, so you can use them when and where you want to.



## Sydney

Anthem's newest app is simple, smart—and all about you. With Sydney you can find everything you need to know about your Anthem benefits—personalized and all in one place. Sydney makes it easier to get things done, so you can spend more time focused on your health. See instructions below for downloading the Sydney app.



## myStrength

myStrength is a free online and mobile program that supports emotional health and well-being. The program's tools and resources are available to help you manage addiction, depression, anxiety, sleep problems, chronic pain and stress. To access myStrength, visit [anthem.com/mystrengthMO](https://www.anthem.com/mystrengthMO). After you are registered online, you can download the myStrength app for easy access wherever you are.



## My Health Advantage

MyHealth Advantage connects your claims, doctor reports, personal health history and other information for a bigger picture of your health. If we see things you can act on to help improve your health or save money, you'll get a MyHealth Note — a confidential health summary that includes money-saving tips, prescription drug updates, reminders for checkups, tests and exams, lists of recent claims and general health tips. The program can help you keep health issues from developing or becoming serious. And that means lower health care costs down the road. MyHealth Notes can also be accessed through the Sydney app.



## LiveHealth Online

Visit a doctor 24/7 to get expert advice, a treatment plan and prescriptions if needed. Whether you have a medical issue, allergy concern or need behavioral health services, LiveHealth Online can help. It's free to sign up, there are no monthly fees and you'll never pay more than \$59\* for a medical visit. Simply sign up or log in, select a doctor and feel better fast. Sign up at [livehealthonline.com](https://www.livehealthonline.com) or download the app by searching **LiveHealth Online** in the App Store or Play Store. LiveHealth Online can also be accessed through the Sydney app.



## ConditionCare

Get the added support you may need if you have asthma, diabetes, heart disease, chronic obstructive pulmonary disease or heart failure. A nurse coach can answer questions about your health and help you reach your goals based on your doctor's care plan. You can work with dietitians, health educators, pharmacists and social workers to reach those goals and feel your best. After you select your plan, you can sign up for ConditionCare by calling 866-962-1069.



## 24/7 NurseLine

Our registered nurses can answer your health questions wherever you are – anytime, day or night by calling 800-337-4770.



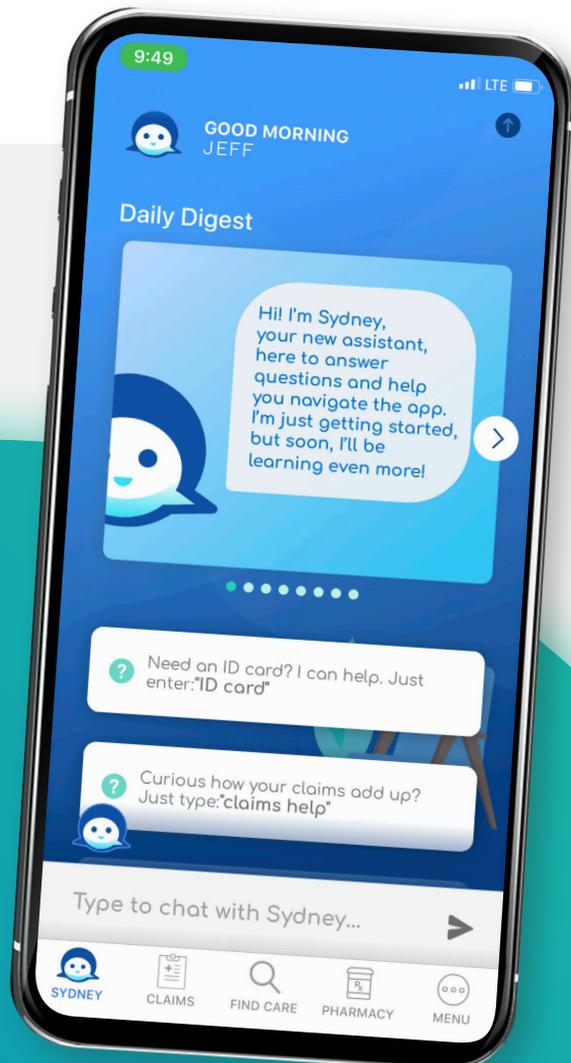
## Future Moms

Moms-to-be get personalized support and guidance from registered nurses to help them have a healthy pregnancy, a safe delivery and a healthy baby. After you select your plan, you can sign up for Future Moms by calling 800-828-5891.



## Anthem.com - Health and Wellness Resources

Our online wellness health support is your one-stop shop for health and wellness resources. The programs help you achieve your health goals by providing a personalized action plan, plus access to both Anthem and WebMD health improvement programs. To access the online wellness health support, visit [anthem.com](https://www.anthem.com) and select **Health and Wellness Center** under the **Care** tab.



## Get Started with Sydney

### To download the app:

- 1 On your Apple device, open **App Store**. On your Android device, open **Play Store**.
- 2 Enter **Sydney** into the search bar and select **Download**.

*Once downloaded, the Sydney logo will appear on your device.*

### Already using an Anthem app?

It's easy to make the switch. Simply download the Sydney app and log in with your Anthem username and password.

In Missouri, (excluding 30 counties in the Kansas City area) Anthem Blue Cross and Blue Shield is the trade name of 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. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.