











# Make the most of your benefits

with tools and resources that can help you be healthier

If you are looking for ways to improve your health, your health plan benefits can help. You have access to a variety of programs and technology that can help you reach new goals, including:

-  **24/7 Nurseline:** Registered nurses are available anytime to advise you on health issues and help you find the care you need.
-  **Future Moms:** Nurses help members who are pregnant follow a plan of care, identify risks, make healthier decisions, and prepare for delivery. The program also offers breastfeeding support through LiveHealth Online using private and secure video from a mobile device or computer.
-  **MyHealth Advantage:** Our team can identify gaps or risks in your care and send you a confidential MyHealth Note with actions you can take for better health and lower healthcare costs.
-  **ConditionCare:** If you're dealing with a chronic condition like asthma or diabetes, you'll get one-on-one professional help managing your health and reaching your health goals.
-  **Case Management:** Backed by a team of doctors, pharmacists, and exercise physiologists, our case managers can help you better manage complex health issues and navigate the healthcare system.
-  **Shopper programs:** Receive help making informed decisions about care and cost with comparative information for the common services and procedures you may need.
-  **Sydney Health:** Our mobile app connects all of your benefits with health and wellness resources to give you both health plan details and care recommendations. Sydney Health can send you reminders about preventive checkups and tests, information on how to find a doctor using quality and cost information, and health tips based on your unique medical history.
-  **Anthem Health Guide:** You can talk to professionals who can walk you through the healthcare system. They can guide you to programs and support in your plan, find answers about your claims, stay on top of your preventive screenings, and find doctors in your plan.

[See back page for Health Rewards program information](#)

## Earn rewards for healthy habits

Our Health Rewards program lets you and your covered spouse earn rewards for taking part in health and wellness programs. As you complete your Health Rewards activities, your rewards dollars are automatically deposited to your Health Rewards card. This is a reloadable rewards card that works like a credit card. You can use it wherever major credits cards are accepted. How you spend your rewards is up to you! We offer a variety of Health Rewards activities to help you be healthy and earn rewards.

## Preventive care

Preventive exams give you and your doctor a picture of your overall health. They can help you stay healthy, catch problems early, and even save your life.

To earn rewards, see your doctor for an annual adult wellness exam and flu shot to earn **\$50**.<sup>1</sup>

### Ways you can earn points

### Points

Log in to the website or mobile app	10
Complete the WebMD Health Risk Assessment	75
Read five articles or watch five videos	25
Connect a tracking device	15
Set a goal	10
Complete a goal	100
Average 2,000 steps a day	2
Average 5,000 steps a day	5
Average 7,000 steps a day	10

## Sydney Health

Using a personalized online dashboard, Sydney Health can help you set health goals, complete your Health Assessment, and use wellness trackers to earn points:

- Reach 100 points, earn **\$50**.
- Reach 200 points, earn **\$50**.
- Reach 300 points, earn **\$50**.

## Well-being Coach digital incentives

A flexible coaching solution is available to support you in any lifestyle changes you want to make. Opt for coaching by phone or through the Sydney Health mobile app, where you can take advantage of Sydney Health trackers and incentives for motivation and support.

Incentives for check-ins	Points
First daily mission check-in	10
15 daily mission check-ins during the first three months	15
25 daily mission check-ins during the second three months	25
25 daily mission check-ins during the third three months	25
35 daily mission check-ins during the fourth three months	25



You can improve your health. We are here to help.

If you have questions about how to set goals and achieve results, please call the number on the back of your member ID card. You can also send us an email or chat online at **anthem.com**.

**Anthem**   
And Its Affiliate HealthKeepers, Inc.

<sup>1</sup> Once a claim is processed, you'll be able to see confirmation of the reward in your rewards account on the Anthem Health Rewards site on the Completed Activities page.

HealthKeepers, Inc., an independent licensee of the Blue Cross and Blue Shield Association, serves all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. Anthem is a registered trademark of Anthem Insurance Companies, Inc.