# Anthem.

# Receive virtual care and support 24/7 with our Sydney Health app

Now you can connect more easily to the care you need through our **Sydney**<sup>SM</sup> **Health** mobile app. Have a video visit with a doctor on your mobile device or computer with a camera, 24/7.

#### Visit with a doctor for common health concerns

Doctors are available anytime, with no appointments or long wait times. They can help you with these types of conditions:

COVID-19

Minor rashes

• Flu

Sore throat

Cold and fever

Headaches

During your video visit, the doctor will assess your condition, provide a treatment plan, and send prescriptions to the pharmacy of your choice, if needed.<sup>1</sup>



### What people say about virtual care visits<sup>2</sup>

**89**%

said the doctor they saw was professional and helpful

92%

thought the doctor understood their concerns

**92**%

were able to book a virtual visit sooner than an in-person visit

## **How to download our Sydney Health app:**









Scan the QR code with your phone's camera.



## Here's how to access the program through virtual care:

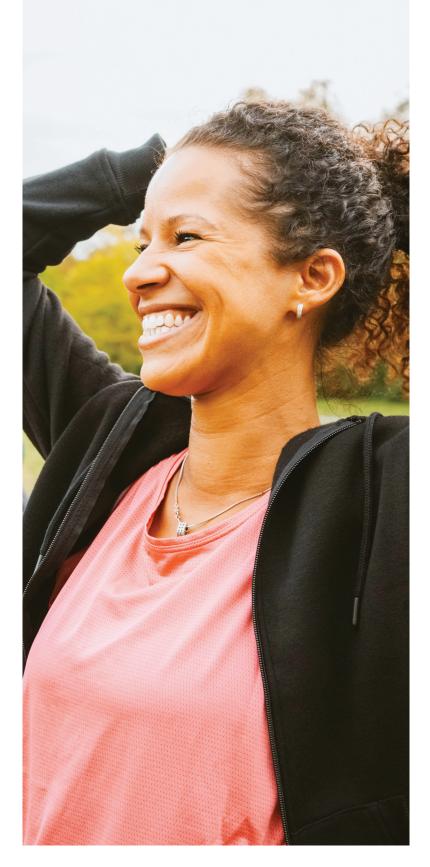
Download our no-cost **Sydney Health** app.

- 1. Register (if you haven't yet) and log in.
- 2. Once you register, your username and password are the same for our app and **anthem.com.**
- 3. Select Care and then select Video Visits.

#### Visit anthem.com.

- 1. Register (if you haven't yet) and log in.
- Once you register, your username and password are the same for anthem.com and our Sydney Health app.
- Select Care and then select Virtual Video Visit With A Provider.





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.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. @2023 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

Anthem Blue Cross and Blue Shield is the trade name of In Colorado: Rocky Mountain Hospital and Medical Service, Inc. IMMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri, Inc. RIT and certain affiliates and provide administrative services for self-funded plans and do not underwriten by HMU Colorado, Inc., Cha HMO Wissouri, Inc., Bit Mp Croducts, underwritten by HMU Colorado, Inc., Cha HMO Wissouri, Inc., Bit Mp Croducts, underwriten by HMU Colorado, Inc., Cha HMO Wissouri, Inc., Bit Mp Croducts, underwriten by HMU Colorado, Inc., Cha HMO Wissouri, Inc., Bit Mp Croducts, underwriten by HMU Colorado, Inc., Cha HMO Wissouri, Inc., In Chair Wissour

 $<sup>1\ {\</sup>it Prescription}\ availability\ is\ defined\ by\ physician\ judgment.$ 

 $<sup>2\ \</sup>mbox{Based}$  on Sydney Health utilization trends from top national clients.