



It pays to
be well

March 2024



Stay ahead of your health by staying on top of routine tests

Preventive care is a great way to stay one step ahead of your health, and that includes getting routine tests and screenings. That's because the earlier something can be found (especially cancer), the easier it can be to successfully treat.

Talk to your primary care doctor about which tests and screenings are right for you. You can also use [Anthem's preventive guideline tool](#), which offers guidelines for which screenings are recommended specific to your age and gender.



Virtual care helps you get care from anywhere

Anthem's new Care Center on the **SydneySM Health** app is your one-stop shop for comprehensive care. In the Care Center, you can access:

- **Primary care** – Get care from the same care provider for wellness visits, condition management, or illness from anywhere that's convenient for you and your family. Video or text appointments can be scheduled or on demand Monday through Friday, 9 a.m. to 9 p.m. Eastern.
- **Urgent care** – See a doctor 24/7 for the flu, pink eye, bladder infections, and other health issues.
- **Condition care** – Find support for asthma, diabetes, chronic obstructive pulmonary disease, heart disease, and heart failure.
- **Behavioral health** – Visit with a licensed mental health care provider for anxiety, stress, depression, and grief. Appointments are available seven days a week from 7 a.m. to 11 p.m.
- **Wellness visits** – Schedule annual preventive care visits to help reduce the risk and complications of serious illness.
- **Specialized support** – Receive access to expert clinicians for questions and support.

To find the Care Center, open the **Sydney Health** app and select **Care**, located on the bottom menu bar.



Keep your kidneys and bladder healthy

If you or a loved one has high blood pressure or high blood sugar, it can strain or even permanently damage your kidneys. That's why it's important to manage lifestyle habits to help keep your kidneys and bladder working smoothly.

Learn more about [common kidney and bladder disorders](#) and how to keep them healthy.



Recipes for good kidney health

One of the keys to good kidney health is keeping your blood pressure and blood sugar in healthy ranges. Research shows that the DASH diet (**Dietary Approaches to Stop Hypertension**) can improve your blood pressure and blood sugar levels by limiting sodium and encouraging eating fiber-rich foods.

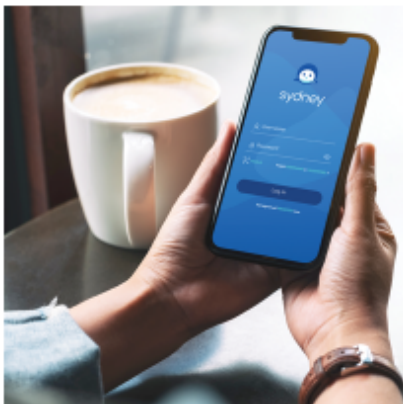
If you need inspiration for dinner, try these delicious DASH dishes:

- [Eggplant Parmesan](#)
- [Sheet-pan chicken with roasted spring vegetables and lemon vinaigrette](#)



Save the date for the next Wondr class

If you're looking for a way to be healthier without saying goodbye to the foods you love, Wondr can help. The second Wondr Health class of 2024 starts soon. Enrollment is open from **March 18 to April 1, 2024**, and class starts April 8.



Reminder for redeeming healthy rewards

March 31 is the last day you can redeem your healthy rewards from 2023. To redeem your rewards:

- Log in to the Sydney Health app and select **Menu**.
- Choose **My Health Dashboard**.
- Select **My Rewards**.