

Wellbeing Solutions

Supporting your whole health matters



We want to support your whole health the best way possible. That's why your health plan includes Wellbeing Solutions, a suite of programs to help you with everyday health and your overall well-being.

Use the **SydneySM Health** mobile app and **anthem.com/ca** anytime to access Wellbeing Solutions programs and resources that meet your healthcare needs.

Making your well-being a priority

[Explore Wellbeing Solutions programs on the Sydney Health app](#)

Proactive support

MyHealth Check-in. By taking a short health assessment, you will receive personalized health tips and resources to support your needs. We will offer details on programs that can help you lower health risks, reach your personal goals, and prevent future health problems.

MyHealth Advantage. We provide you with a confidential health summary that includes reminders for checkups, tests, and exams; lists of claims and prescriptions; and general health tips.

24/7 NurseLine. Talk to a trained, registered nurse without leaving your home. Convenient, 24/7 care means you can quickly get the answers to common health concerns.

Mental health resources

Behavioral Health Case Management. If you're trying to manage a behavioral health condition, you don't have to do it alone. Our behavioral health case managers are licensed mental health professionals. They can create a personalized plan and connect you to the right care providers that will support you and your family.

Emotional Wellbeing Resources. Learn effective ways to develop resilience, reduce stress, and practice mindfulness through online programs and personalized coaching. Digital tools help you identify thoughts and behavior patterns that affect your emotional well-being.

Autism Spectrum Disorder Program. Receive support for a covered family member with an autism spectrum disorder. Our licensed behavior analysts can help you navigate the healthcare system and address any unique family challenges. We focus on the whole family and work with all of you to help you understand services and access care.

Condition-based support

Back and Joint Pain Program. This personalized, digital program offers a comprehensive approach to pain relief. It includes coaching, exercises, and education on nutrition, mindfulness, pain management, and sleep.

Concierge Care. This program pairs you with a personal health advocate to provide coaching and digital resources on health conditions, such as type 2 diabetes and heart failure, as well as when you are being discharged from an inpatient setting.

Case Management. After an illness or hospital stay, you can receive one-on-one support and care coordination from our team of medical professionals. They partner with you and your family to help guide you through the healthcare system and make the most of your benefits. Their goal is to understand your needs from all angles and help you get the best care possible.

Building Healthy Families. Whether you're planning for a family, are pregnant, or are postpartum, you can access digital tools and educational resources to support the needs of your growing family.

ConditionCare. Receive one-on-one, digital support from a healthcare professional for a chronic condition, like asthma or diabetes, to help you reach your health goals.

Cancer Care. If you or a family member is facing a cancer diagnosis or have started treatment, the Cancer Care Navigator program can provide one-on-one guidance and digital support when it matters most.



Connect with Sydney Health

Sydney Health offers useful health and wellness tips and personalized action plans that can help you reach your unique well-being goals. Use Sydney Health for a convenient way to find care and details about your health plan coverage along with Wellbeing Solutions benefits.

Download, open, register, and/or sign into the Sydney Health mobile app.

1. Go to homepage > Scroll down > Choose Personalize Your Care (for web and mobile).
2. Browse the wellness programs included in your plan.



Scan this QR code with your smartphone to download the Sydney Health app.



We care about you

With Wellbeing Solutions, you can work toward your health goals, knowing you are supported and cared for at every step. If you have any questions, call Member Services or visit [anthem.com/ca](https://www.anthem.com/ca).

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

Carelon Health, Inc is a separate company providing care management services on behalf of Anthem Blue Cross

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