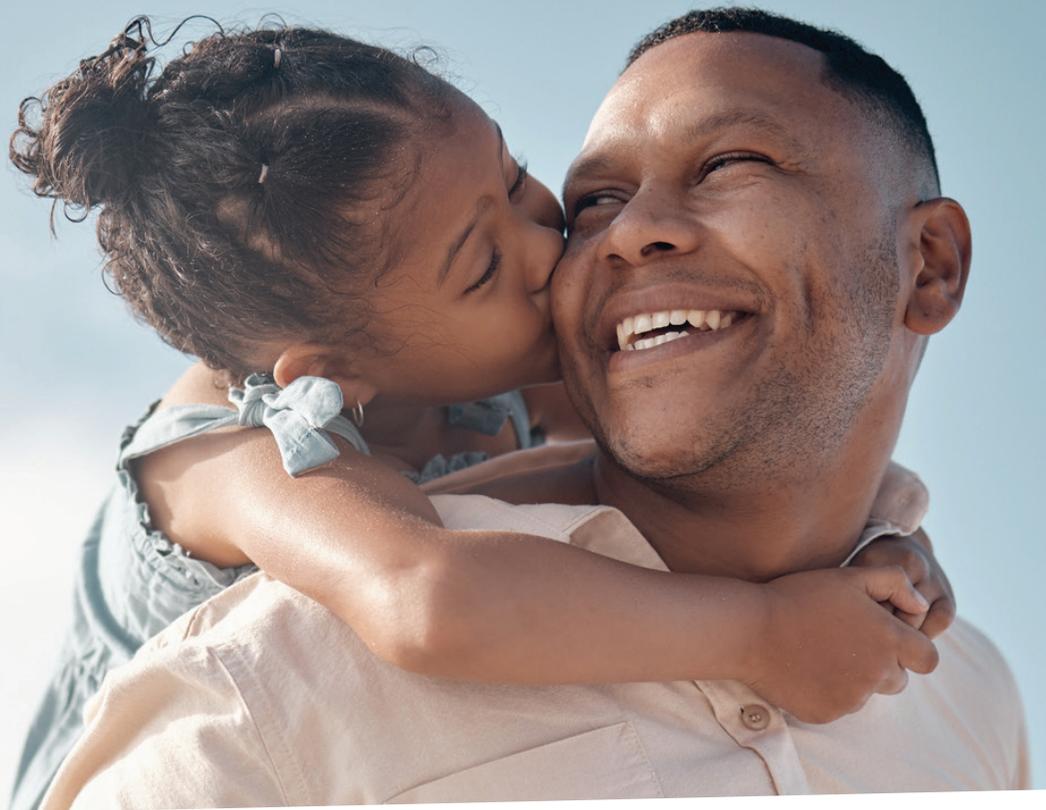


Anthem Health & Wellness Programs



Anthem can help you make the most of your benefits so you can be your healthiest. Take advantage of these wellness programs and services included in your health plan.

Sydney Health mobile app

The SydneySM Health mobile app gives you a quick connection to benefit information, tools, and helpful resources. Download the app today and log in using your **anthem.com** username and password to:

- View your ID card.
- See all your medical and pharmacy benefits and claims.
- Easily chat with customer service.
- Connect quickly to virtual care and wellness resources.
- Track your health goals and fitness.



Simplify your healthcare by downloading Sydney Health today



Anthem Health Guide

Anthem Health Guides are specially trained to answer your health plan questions and steer you to the right programs and support for your unique needs. Your guide will also remind you of any screenings or routine exams that are due, help you save money on your prescription drugs, compare costs for care, and find in-network doctors in your area. Call **800-552-2682**, Monday to Friday 8:00 a.m. to 6:00 p.m.

Employee Assistance Program (EAP)

Life can be challenging, and Anthem EAP is here to help. Your EAP includes up to 4 free, confidential counseling sessions per issue per plan year for you, your covered dependents, and members of your household. It's also a valuable source for information about emotional well-being, childcare and elder care resources, and financial and legal issues. Go to anthemeap.com, and log in using Commonwealth of Virginia as your company, or call **855-223-9277**.



COVA HDHP



Well-Being Coach

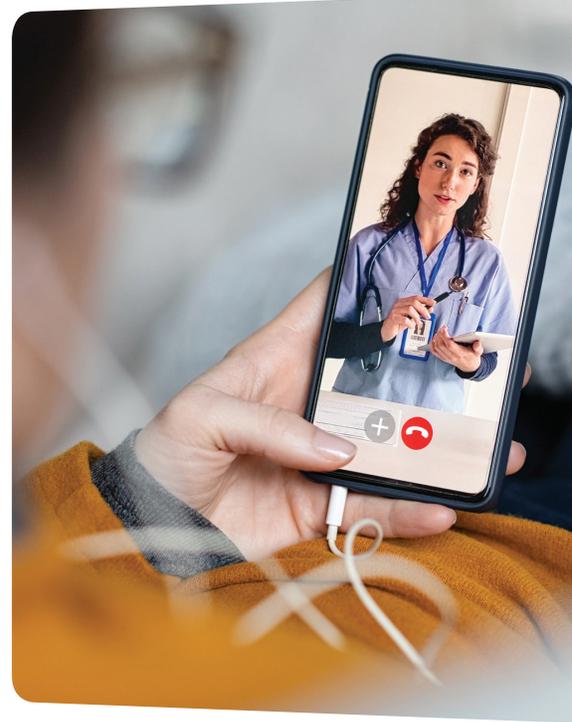
A well-being coach can provide practical tips and tailored support to help you achieve your goals like quitting tobacco or losing weight — at no extra cost to you. Call **844-507-8472** to enroll or we may call you to see if you would like to participate.

LiveHealth Online

Using the Sydney Health app, you can have a private, secure, video visit wherever you are with a doctor.

Urgent care virtual visits are available on demand 24/7. Virtual appointments can also be scheduled to meet with a therapist, psychologist, psychiatrist, or a sleep specialist, Monday to Friday 9 a.m. to 9 p.m. Eastern time.

No cost for COVA Care. Twenty percent coinsurance, after deductible for COVA HDHP.



Future Moms

Enroll in Future Moms by calling **800-828-5891** within the first 16 weeks of pregnancy for free pre- and post-natal support that can help ensure a healthy pregnancy. Once your baby is born, use LiveHealth Online for virtual visits with a certified lactation consultant, counselor, or registered dietitian at no extra cost through the Future Moms with Breastfeeding Support program. COVA Care members: Enroll within the first 16 weeks and your plan will waive the hospital copayment for delivery.

ConditionCare

Extra support for members with:

- Asthma
- Diabetes
- Coronary artery disease
- Heart failure
- Chronic obstructive pulmonary disease (COPD)
- Hypertension

ConditionCare provides Nurse Care Managers who work with you or a covered family member to help you better understand and manage a condition and meet personalized health goals. Call **844-507-8472** to enroll or we may call you to see if you would like to participate. COVA Care members, when you participate in ConditionCare, you may receive certain condition-related drugs or supplies at no cost.



COVA HDHP

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022

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