

# 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 Sydney<sup>SM</sup> 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](https://www.anthem.com) username and password to:

- View your ID card and claims.
- Easily chat with customer service.
- Connect quickly to virtual care.
- Find wellness programs.

## 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 [anthemead.com](https://www.anthemead.com), and log in using **Commonwealth of Virginia** as your company, or call **855-223-9277**.



COVA HDHP



Simplify your healthcare by downloading Sydney Health today



## 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.

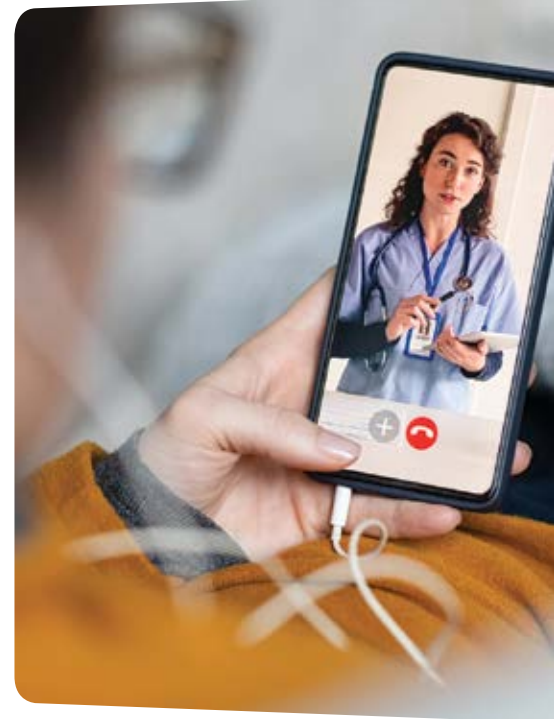
## Lark Diabetes Prevention Program

A personalized digital health coaching program that leverages smart connected devices to lower risk for type 2 diabetes. Eligible members will be invited to participate in the program.

## 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 dermatologist, therapist, psychologist, psychiatrist, physical therapist, or a sleep specialist.

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



## Building Healthy Families

Available in the Sydney Health app, families can get personalized, on-demand health support during pregnancy, postpartum, or while raising young children. COVA Care members can have their hospital copayment waived when they complete the following:

1. Register for Building Healthy Families and complete the profile
2. Take the pregnancy screener
3. Complete one of six mini assessments within the app.

## 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 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

Commonwealth of Virginia complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Anthem Blue Cross and Blue Shield is the trade name of Anthem Health Plans of Virginia, Inc. Serving all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123.

Independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.