

Wellbeing Solutions

can help you achieve better health



Your whole health matters. That's why your plan includes Wellbeing Solutions. This suite of programs helps you with everyday health and covers all areas of your well-being.

It's easy to participate in Wellbeing Solutions programs using SydneySM Health, our fully integrated mobile app, and [anthem.com/ca](https://www.anthem.com/ca). Access these resources anytime to find Wellbeing Solutions programs that match your healthcare

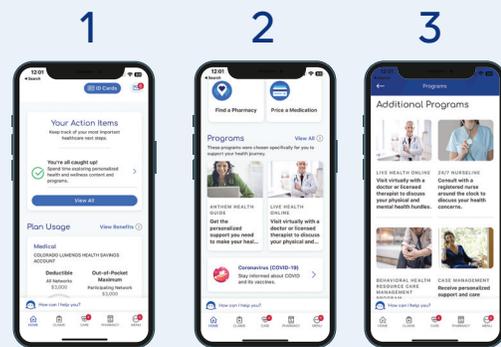
Connect with Sydney Health

Use Sydney Health for a convenient way to find information about your medical, pharmacy, dental, vision, and Wellbeing Solutions benefits.

1. Download, open, register, and/or sign into the Sydney Health mobile app.
2. Scroll down to *Programs* from the homepage and choose **View All**.
3. Browse the wellness programs included in your plan.



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



Making your well-being a priority

Explore Wellbeing Solutions programs at [Sydney Health > My Health Dashboard > Programs](#)



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 who provide strong support for you and your family. They offer guidance for you and your loved ones to help improve your quality of life.

Emotional Wellbeing Resources. Learn effective ways to develop resilience, reduce stress, and practice mindfulness. Digital tools help you identify thoughts and behavior patterns that affect your emotional well-being. Through online programs and personalized coaching, you'll learn effective ways to manage stress, anxiety, depression, substance use, and sleep issues.

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 understand and access available care.



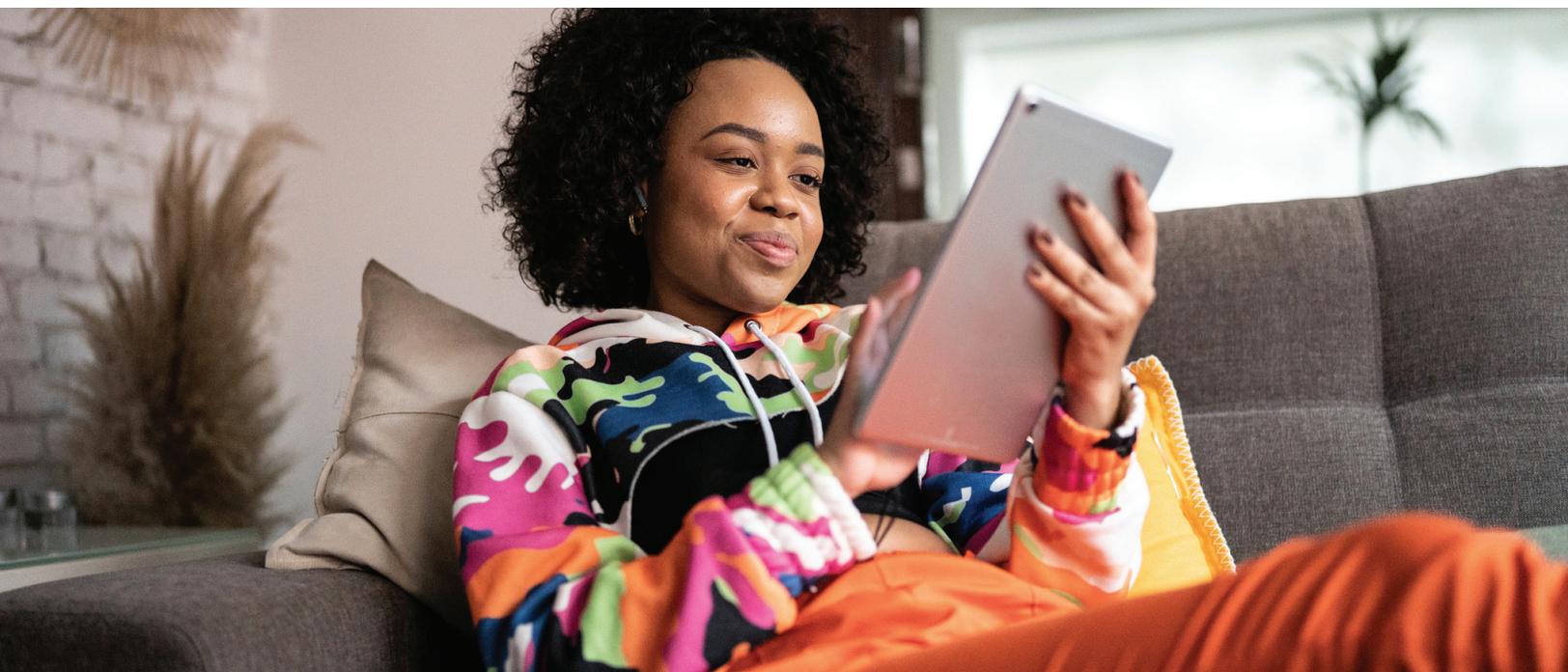
Personalized support

Case Management. After an illness or hospitalization, 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.

ConditionCare. Receive personalized support from a healthcare professional for a chronic condition, like asthma or diabetes, to help you reach your health goals. We may call you to find out if ConditionCare could help you manage your condition and reach your health goals.

Health Assessment. Complete your health assessment to receive your personalized report. Know what's going well and if there are any at-risk areas you could work on to improve your health.

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.





Care when you need it most

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

Building Healthy Families. Personalized, on-demand health support for your growing family. Your nurse is available to you by phone throughout your pregnancy and postpartum. You'll also have 24/7 access to a convenient online hub with extensive tools and information at no extra cost to you.

We're glad to support you

With Wellbeing Solutions, you can continue on your path to whole-person health knowing you have the care and support to help you with each step. If you have any questions, call the Member Services number on your ID card.

