



Wellbeing Solutions

can help you achieve better health

Your whole health matters. That's why your plan includes Wellbeing Solutions programs to help you with everyday health and 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). You can access these resources anytime to find Wellbeing Solutions programs that match your healthcare needs.

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 the Sydney Health mobile app by scanning this QR code with your smartphone, or visit [anthem.com/ca](https://www.anthem.com/ca).
2. Register and log in.
3. Go to *MyHealthDashboard*, your hub for personalized health and wellness.



Explore your plan's powerful benefits

Here are the Wellbeing Solutions programs you can explore at Sydney Health > My Health Dashboard > Programs

Managing your everyday health:

24/7 NurseLine

Talk to a registered nurse at any time to receive answers or advice on any immediate care questions for you or your family. A nurse can also connect you to other well-being programs that are part of your plan.

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.

Case Management

After an illness or hospitalization, you can receive personalized support and care coordination from a team of medical professionals. They will guide you when you have to make decisions about your care, set up appointments, understand costs, and go through the healing process.

Emotional Wellbeing Resources

You have the support you need 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.

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 need to work on to improve your health.

MyHealth Advantage

We provide you with a confidential health summary that includes money-saving tips, prescription drug updates, reminders for checkups, tests, and exams, lists of claims and prescriptions, and general health tips. Choose **Suggestions** in the *Secure Message Center* on Sydney Health or [anthem.com/ca](https://www.anthem.com/ca).

Managing specific conditions:

Autism Spectrum Disorder Program

Receive support for a covered family member with an autism spectrum disorder. A licensed behavior analyst 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.

ConditionCare

Receive one-on-one 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 would be a good fit for your needs.

Future Moms

If you're having a baby, Future Moms can help you have a healthier pregnancy and a smooth delivery. We're here to support you in caring for your new baby so you can have the best possible start together.

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.