








Virtual care opportunities

Drive down costs, close gaps in care

As care delivery changes, opportunities arise to reduce you and your employees' healthcare costs. Our SydneySM Health app is cutting-edge technology that expands access to virtual primary care at low or no-additional cost.

The virtual care options available today are game changers. They make it easier for your employees to focus on their overall health — not just urgent care needs.

When your employees download our Sydney Health app on their smartphone, they can receive:

-  Comprehensive primary care, coordinated by a care team.
-  Preventive care and lab screenings.
-  Urgent or sick care, 24/7.
-  A personalized care plan and follow-ups.
-  Unlimited access to care for common health concerns, as well as prescription refills and referrals.²

Giving your employees convenient and affordable access to healthcare and resources can help them feel more confident about their health and protected in their time of need.



86%

of consumers who use virtual care visits **love them.**¹









How to download our Sydney Health app:



Scan this QR code with your phone's camera.



Virtual care options for your employees

<div></div> <div>Check Symptoms, Chat with a Doctor, Checkups and Ongoing Care through Sydney Health</div>	<div></div> <div>LiveHealth Online through Sydney Health</div>	<div></div> <div>24/7 NurseLine</div>
<div>Use for:</div> <div>Primary care<ul style="list-style-type: none">Virtual annual preventive care (wellness) visit^{3,4,5} and other preventive careChronic condition management (diabetes, asthma, etc.)</div> <div>Urgent care for common health concerns<ul style="list-style-type: none">Bladder issuesChickenpoxCold and fluEar infectionsMinor cutsPink eyeSeasonal allergiesSinus infectionsSkin conditionsSore throatSprainsStomach ailments</div> <div>Prescriptions</div> <div>Referrals for specialized care</div>	<div>Use for:</div> <div>Mental health<ul style="list-style-type: none">AnxietyDepression</div> <div>Specialty care<ul style="list-style-type: none">AllergiesDermatologySleep</div> <div>Urgent care for common health concerns<ul style="list-style-type: none">Bladder issuesChickenpoxCold and fluEar infectionsMinor cutsPink eyeSeasonal allergiesSinus infectionsSkin conditionsSore or strep throatSprainsStomach ailments</div>	<div>Use for:</div> <div><ul style="list-style-type: none">Urgent care questionsDeciding where to get careFinding in-person locations for care nearby</div>
<div>How to access:</div> <div> For primary care, preventive care, virtual annual wellness visits, and chronic condition management, set up an appointment through our Sydney Health app. From the homepage, select Checkups and Ongoing Care.</div> <div>Hours for primary and preventive care: Monday through Friday, 9 a.m. to 9 p.m. ET Saturday and Sunday, 9 a.m. to 5 p.m. ET</div> <div> For urgent or sick care, select Chat with a Doctor 24/7 or Check Symptoms.</div> <div>Hours for urgent or sick care: 24/7</div>	<div>How to access:</div> <div> For mental health and specialty care, connect with a doctor or behavioral health professional through our Sydney Health app, seven days a week. From the homepage, select Care, then Video Visit.</div> <div> For urgent care, begin a session at any time through our Sydney Health app. From the homepage, select Care, then Video Visit.</div> <div>Hours for urgent care: 24/7</div>	<div>How to access:</div> <div>Call 800-337-4770 Hours: 24/7</div>

1 J.D. Power: U.S. Telehealth Satisfaction Study (2020); jdpower.com/business/press-releases/2020-us-telehealth-satisfaction-study.

2 The doctor will determine if a prescription is needed at time of visit.

3 Virtual annual preventive care (wellness) visits are available through the Sydney Health app. The virtual annual preventive care (wellness) visit is covered in full unless the employer has a limit or cap under their benefit plan.

4 Virtual primary care medical services provided by Knowledge Health Medical and Preventive Medicine Associates P.C. through an arrangement with Hydrogen Health, which provides the virtual care platform.

5 Eligible employees are those who have not yet had an annual preventive care (wellness) visit during the plan year (either virtual or in person) whose group benefit plan covers a virtual primary care exam. If an employer group has a cap on the number of preventive care (wellness) visits that are covered in full and the employee has exceeded the cap but would like to have another preventive care (wellness) visit, they may be responsible for copays and other out-of-pocket costs for the visit. Employees should consult their benefit plan and/or contact Member Services if they have any questions.

Sydney Health is offered through an arrangement with Cereon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.