

Meet My Health Dashboard

Your guide to better health and well-being – from Sydney Health

Everything about your health journey is unique – from where you're starting and the goals you have, to the obstacles you may face along the way. My Health Dashboard, on the Sydney Health mobile app, provides the support you need. You can find information on health topics that interest you, useful health and wellness tips, and personalized action plans that can help you reach your goals. My Health Dashboard is there to support your health journey every step of the way.



Assess your health and set your goals

A quick online health assessment will ask ten questions about your health goals, overall health, medical history, diet, and exercise. Then, Sydney Health will personalize your dashboard to fit your goals and send a personal report to show where you may be able to improve.



Pick and personalize your action plan

My Health Dashboard's action plans allow you to work toward your health goals at your own pace while making healthy choices that fit your lifestyle. Plans include *Get Active*, *Eat Healthy*, *Achieve a Healthy Weight*, *Reduce Stress*, *Increase Energy*, and *Sleep Better*. Sync your wearable fitness device to the app for easy activity tracking and make progress on your goals in 30 days or less. If you decide you want to try something new, you can switch action plans anytime.



Learn about healthy living

Explore My Health Dashboard further to find videos and online articles with tips on living healthy, including nutritionist-approved recipes and meal plans.



Keep moving

Staying motivated is an important part of reaching your goals. Sydney Health offers support throughout your journey and awards profile badges and points to help you stay on track.

Program support when you need it

Anthem has resources for you and your family when you need them most. Use My Health Dashboard to find and connect with clinical and well-being programs for help with issues such as pregnancy and heart disease.

My Health Rewards

My Health Rewards includes ways to earn up to \$150 to use however you choose. Schedule a massage, buy new fitness gear, treat yourself for the hard work you're putting in to live healthy.

Complete My Health Dashboard activities to earn points. When you reach your first points milestone, you'll receive a My Health Rewards card preloaded with money. Each time you reach a milestone, money will be automatically added to your card. Your My Health Rewards card can be used where major credit cards are accepted.*



sydney



Download the Sydney Health app today or register online at anthem.com and visit My Health Dashboard.

* Members aged 18 and over, including subscribers' adult children aged 18 and older, are eligible for gym reimbursement. Payout is per member per benefit year. The amount of the reimbursement may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations. This program is designed to help you make healthy, safe, and small changes to your lifestyle. Before taking part in this program, talk to your doctor or health care provider – especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.

Sydney and Sydney Health are service marks of CareMarket, Inc.

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. Copies of Colorado network access plans are available on request from member services or can be obtained by going to anthem.com/co/networkaccess. 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 and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.