

# Plan extras that support your health and well-being

**24/7 NurseLine** — You can connect with a registered nurse who will answer your health questions wherever you are — anytime, day or night. They can help you decide where to go for care and find doctors and other healthcare professionals in your area. Call **800-337-4770**.

**The Autism Spectrum Disorder Program** — This program focuses on building a strong support system for the entire family. A specialized team of clinicians will work with you to create a customized care plan, help coordinate care, and connect you with resources in your community. Call **844-269-0538**.

**Behavioral Health Case Management** — You have access to a health advocate who can provide support and guidance at no added cost to you. Extra support can make a difference with your mental well-being and enhance your quality of your life. Our caring professionals will work with you to set goals and make a plan to help you reach them.

**Blue Distinction Centers** — If you are having surgery or a major procedure such as knee or hip replacement, look for this designation. Blue Distinction Centers or Blue Distinction Center hospitals are recognized for excellent care and faster recovery times. Blue Distinction Centers+ are also recognized for lower costs. You do not pay extra for access to a Blue Distinction Center. It's part of your plan.

**Building Healthy Families** — This program offers support to help your family from preconception through the stages of pregnancy, childbirth, and early childhood (to age 5 and beyond). It is available 24/7 through our **Sydney Health** app and features an extensive content library covering topics to support diverse families, including single parents, same-sex, or multicultural couples. In addition, the app features many tools, including fertility, diaper change, and feeding trackers, due date calculators, and blood pressure monitoring. Visit the **Sydney Health** app to enroll today.

**Case Management** — If you're coming home after surgery or have a serious health condition, a nurse care manager can help answer your questions about your follow-up care, medicines and treatment options, coordinate benefits for home therapy or medical supplies, and find community resources to help you. Your nurse care manager will call you, but you also can call the Member Services number on your ID card.

**ConditionCare** — Receive support from a dedicated nurse team to manage ongoing conditions, such as asthma, chronic obstructive pulmonary disease (COPD), diabetes, heart disease, or heart failure. Work with dietitians, health educators, and pharmacists who can help you learn about your condition and manage your health. Call **866-962-1323** to begin.

**MyHealth Advantage** — There is no cost for this service, and it can help you stay healthy and save money. You will receive reminders when you need to refill a prescription or have a checkup, test, or exam. You will also receive a personalized and confidential MyHealth Note in the mail or on the **Sydney Health** mobile app if we see something that might help you.

**SpecialOffers<sup>SM</sup>** — With SpecialOffers, you can receive discounts on products and services that help promote better health and well-being.

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## Discover a powerful and more personalized health app

The **Sydney Health** app helps guide you to better health. It connects you to wellness resources and brings your benefits information together in one convenient place.



- Access your digital member ID card.
- See what's covered by your plan and check claims.
- Find doctors and facilities in your plan's network.
- See an estimate for how much services may cost.
- Track your health goals, fitness, and wellness rewards.

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If you have questions, call Anthem Health Guide at the number on your ID card or use the live chat feature on [anthem.com/ca](https://www.anthem.com/ca). We're here to help you feel covered, cared for, and confident in your health plan.

Anthem 



PPO = preferred provider organization

\* There are plans that require you to pay a copay at the time of service.

Sydney Health is offered through an arrangement with Carelon 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.

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