You must be enrolled to download the Sydney Health app.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional not in your plan’s network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile applications service on behalf of your health plan ©2020-2022. 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. (RMHMS), a wholly-owned subsidiary of Blue Cross Blue Shield of Colorado, Inc. (BCBS CO), dba Anthem Blue Cross and Blue Shield of Colorado (Anthem). RMHMS is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Connecticut: Community Health Resources, Inc. (CHRI), dba Anthem Blue Cross and Blue Shield of Connecticut (Anthem). CHRI is also known as Community Health Resources, Inc. (CHRI), dba Anthem Blue Cross and Blue Shield of Connecticut (Anthem) or CHRI dba Anthem Blue Cross and Blue Shield of Connecticut (Anthem).
In Georgia: Blue Cross Blue Shield of Georgia, Inc. (BCBSGA), dba Anthem Blue Cross and Blue Shield of Georgia (Anthem). BCBSGA is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Indiana: Anthem Health plans of Indiana, Inc. (AHI), dba Blue Cross Blue Shield of Indiana, Inc. (BCBS IN), dba Anthem Blue Cross and Blue Shield of Indiana (Anthem). AHI is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Kentucky: Anthem Health plans of Kentucky, Inc. (AHPKY), dba Blue Cross Blue Shield of Kentucky, Inc. (BCBS KY), dba Anthem Blue Cross and Blue Shield of Kentucky (Anthem). AHPKY is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Maine: Blue Cross Blue Shield of Maine, Inc. (BCBS ME), dba Anthem Blue Cross and Blue Shield of Maine, Inc. (Anthem). BCBS ME is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Missouri: Health plans of Missouri, Inc. (HMOI), dba Blue Cross Blue Shield of Missouri (BCBS MI), dba Anthem Blue Cross and Blue Shield of Missouri (Anthem). HMOI is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Nevada: Rocky Mountain Hospital and Medical Service, Inc. (RMHMS), dba HMO Nevada, dba Blue Cross Blue Shield of Nevada, Inc. (BCBSNV), dba Anthem Blue Cross and Blue Shield of Nevada, Inc. (Anthem). RMHMS is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In New Hampshire: Anthem Health Plans of New Hampshire, Inc. (AHPNH), dba Blue Cross Blue Shield of New Hampshire, Inc. (BCBS NH), dba Anthem Blue Cross and Blue Shield of New Hampshire, Inc. (Anthem). AHPNH is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In New York: Health plans of New York, Inc. (HPNY), dba Blue Cross Blue Shield of New York, Inc. (BCBSNY), dba Anthem Blue Cross and Blue Shield of New York, Inc. (Anthem). HPNY is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Ohio: Community Health Resources, Inc. (CHRI), dba Anthem Blue Cross and Blue Shield of Ohio (Anthem). CHRI is also known as Community Health Resources, Inc. (CHRI), dba Anthem Blue Cross and Blue Shield of Ohio (Anthem) or CHRI dba Anthem Blue Cross and Blue Shield of Ohio (Anthem).
In Oklahoma: Blue Cross Blue Shield of Oklahoma (BCBSOK), dba Anthem Blue Cross and Blue Shield of Oklahoma (Anthem). BCBSOK is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Pennsylvania: Blue Cross Blue Shield of Pennsylvania (BCBS PA), dba Anthem Blue Cross and Blue Shield of Pennsylvania (Anthem). BCBS PA is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Rhode Island: Blue Cross Blue Shield of Rhode Island (BCBS RI), dba Anthem Blue Cross and Blue Shield of Rhode Island (Anthem). BCBS RI is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In South Carolina: Blue Cross Blue Shield of South Carolina (BCBS SC), dba Anthem Blue Cross and Blue Shield of South Carolina (Anthem). BCBS SC is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Tennessee: Health plans of Tennessee, Inc. (HPTN), dba Blue Cross Blue Shield of Tennessee (BCBS TN), dba Anthem Blue Cross and Blue Shield of Tennessee (Anthem). HPTN is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Texas: Blue Cross Blue Shield of Texas (BCBSTX), dba Anthem Blue Cross and Blue Shield of Texas (Anthem). BCBSTX is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Virginia: Health plans of Virginia, Inc. (HPOV), dba Blue Cross Blue Shield of Virginia (BCBS VA), dba Anthem Blue Cross and Blue Shield of Virginia (Anthem). HPOV is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Wisconsin: Health plans of Wisconsin, Inc. (HPWI), dba Blue Cross Blue Shield of Wisconsin (BCBS WI), dba Anthem Blue Cross and Blue Shield of Wisconsin (Anthem). HPWI is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield of Georgia, Inc. In Indiana: Anthem Health Plans of Indiana, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (outside the State of Jefferson): Blue Cross Blue Shield of Missouri (BCBS MO), dba Anthem Blue Cross and Blue Shield of Missouri (Anthem). BCBS MO is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Missouri (within the State of Jefferson): Healthy Alliance® of Missouri (HALIC), dba Anthem Blue Cross and Blue Shield of Missouri (Anthem). HALIC is not affiliated with the Blue Cross and Blue Shield Association (BCBSA), which is solely responsible for the Blue Cross and Blue Shield names.
In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Matthew Thornton Health Plan, Inc. In Ohio: Community Health Resources, Inc. In Oklahoma: Blue Cross Blue Shield of Oklahoma (BCBSOK). In Pennsylvania: Community Health Resources, Inc. (CHRI), dba Anthem Blue Cross and Blue Shield of Pennsylvania (Anthem). In Rhode Island: Blue Cross Blue Shield of Rhode Island (BCBS RI). In South Carolina: Blue Cross Blue Shield of South Carolina (BCBS SC). In Tennessee: Health plans of Tennessee, Inc. (HPTN). In Texas: Blue Cross Blue Shield of Texas (BCBSTX). In Virginia: Health plans of Virginia, Inc. (HPOV). In Wisconsin: Health plans of Wisconsin, Inc. (HPWI).

Anthem is a registered trademark of Anthem Insurance Companies, Inc. 1040401xxMENxxx BV 09/22

Sydney Health makes healthcare easier

Anthem’s app provides answers and support in the way that works best for you

The Sydney™ Health app gives you one convenient place to keep track of your Anthem health plan and your health, in the way that works best for you. Sydney makes it easy to find care, look up information about benefits and claims, and track your progress toward health goals.

With Sydney Health, you can:
- View and use your digital ID card.
- Check costs and find a doctor near you.
- Connect with an Anthem Student Support Specialist by live chat or phone.
- Use the handy symptom checker and have a video visit or text session with a doctor without an appointment.
- Access your medical, pharmacy, vision, and dental benefits and claims.
- Find mental health and well-being resources.

Change your Apple ID country or region
1. On your iPhone or iPad, open the Settings app.
2. Tap your name, and then tap Media & Purchases.
3. Tap View Account. You might be asked to sign in.
4. Tap Country/Region.
5. Tap Change Country or Region.
6. Tap your new country, or tap your new country or region, then review the Terms & Conditions.
7. Tap Agree in the upper-right corner, then tap Agree again to confirm.
8. Select a payment method and enter your new payment information and billing address, then tap Next. You must enter a valid payment method for your new country or region.

Change your Google Play country
1. On your Android device, open the Google Play Store app.
2. At the top right, tap the profile icon.
3. Tap Settings > General > Account and device preferences > Country and profiles.
4. Tap the country where you want to add an account.
5. Follow the on-screen instructions to add a payment method for that country.
Tip: Your profile can take up to 48 hours to update.

Start using Sydney Health today*
Download the app or scan this QR code with your phone’s camera. Then register using your student ID number. If you are an international student and your app store on your phone is set to your home country, the Sydney app will not appear when you search. The country setting can be changed for the app store for Google Play and Apple devices.

Sydney Health keeps your health and your health benefits within reach every day.

* You must be enrolled to download the Sydney Health app.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan’s network, if you receive care from a doctor or healthcare professional not in your plan’s network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile applications service on behalf of your health plan ©2020-2021. The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.
Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you

Top tips to help Sydney Health work best for you

**Make it personal**
Personalized Match helps you find a doctor in your plan who’s right for your unique needs and preferences. You can also set up healthcare reminders and alerts. The more you use it, the more Sydney Health can help you stay healthy and save money.

**Check costs for care**
Before going to the doctor, you can see how much you might pay. Use the Care button at the bottom of the screen, then choose Find Care & Cost. Search by Procedures to get a price estimate.

**Follow your interests**
My Health Dashboard can be your guide for better health and well-being. Find videos, articles, and recipes; build an action plan to help you meet your health goals; sync your fitness tracker; track your progress; and earn rewards.

**Keep your member ID card handy**
You never know when you may need healthcare. Download your member ID card to your phone, so it’s always with you. Then you can share it right from your phone.

“So easy to use! It’s great when my health insurance company cares enough to have an easy-to-use app to get my ID card, see my claims, renew prescriptions, etc. All in one place!”

— David V.