



# Sydney Health makes healthcare easier

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

The Sydney<sup>SM</sup> 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.

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 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.



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

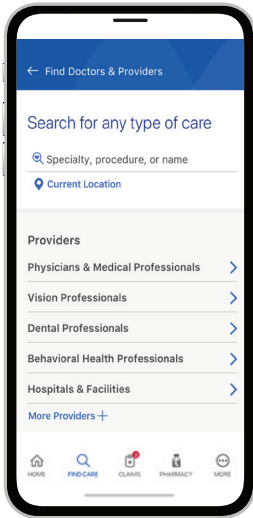
In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may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

Sydney Health is offered through an arrangement with Cerealon Digital Platforms, a separate company offering mobile application services on behalf of your health plan ©2020-2022. The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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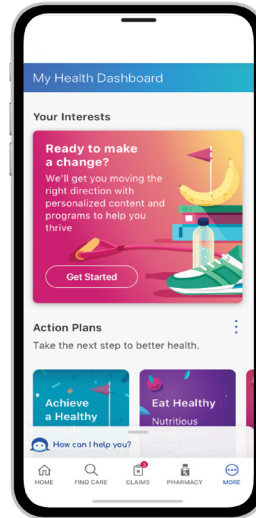
# Sydney Health stays one step ahead – moving your health forward by building a world of wellness around you

Top tips to help Sydney Health work best for you



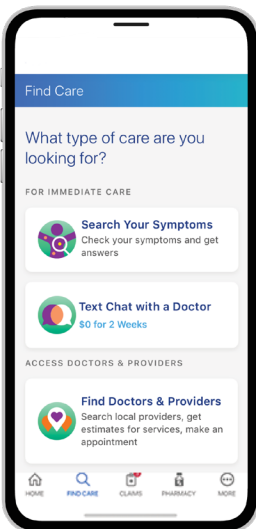
## Make it personal

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.



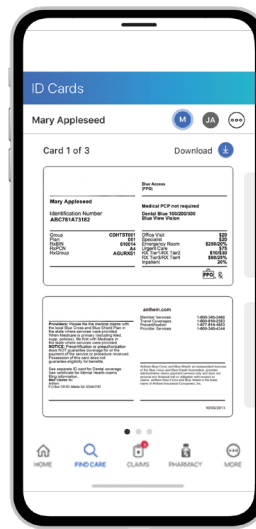
## Follow your interests

*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.



## 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.



## 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.