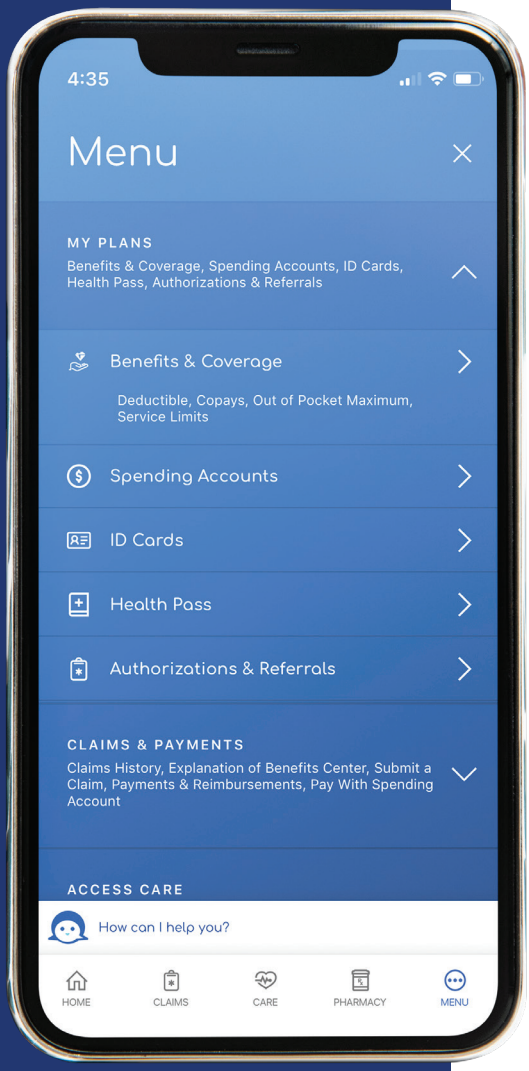
Anthem CalCPA Health

Managing your health and benefits can be easier with the Sydney Health app

How to start using the app today



Sydney℠ Health helps you keep track of your health and benefits — wherever you are. If you're not using the app yet, you can download it by scanning the QR code on this flyer. After you register, log in and choose **Menu** at the bottom of the screen. Then select from the drop-down boxes, which include:

My Plans

Find details about your plan, including:

Benefits & Coverage

Select your current plan, then scroll down to view details, such as your deductible, out-of-pocket maximum, and coinsurance (your percentage of the costs).

ID Cards

View and use your digital health plan ID card.

Claims & Payments

Access your claims and payment information. You can also explore the Explanation of Benefits Center, submit a claim, and see your claims history.

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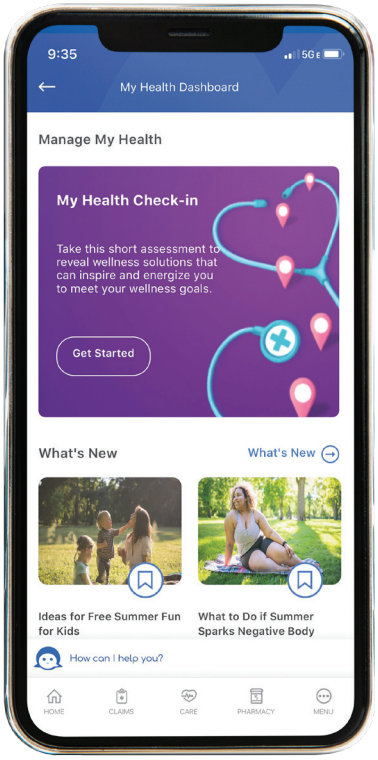


Access Care

Choose from resources such as:

Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network. Filter care providers by what's most important to you, such as gender, languages spoken, or location. You can also compare costs.

Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly with the Symptom Checker or talk to a doctor through chat or video.

Community Resources

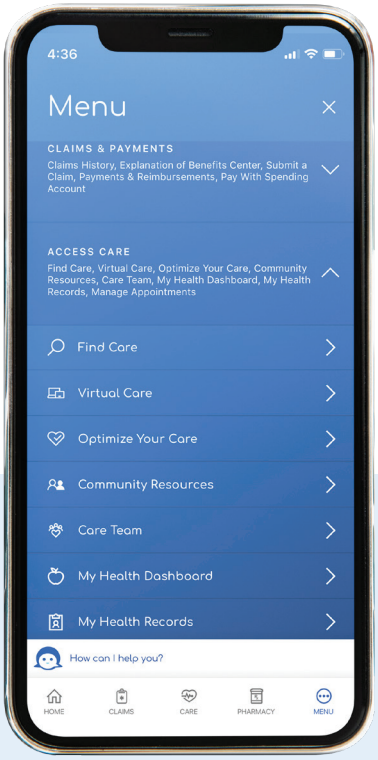
Find organizations that offer no- or low-cost programs to help with food, transportation, and child care.

My Health Dashboard

Find news on health topics, health and wellness tips, and personalized action plans to help you reach your goals. You can also sync your fitness tracker and scan and track your meals.

My Health Records

See a full picture of your family's health in one secure place, using a single profile. View, download, and share information such as health histories and electronic medical records.



Support

Choose **Live Chat** to chat online, **Contact Us** to talk directly to an Anthem representative, and **Message Center** to send and receive messages. You can also find answers to common questions.

Download the Sydney Health app

sydney℠

Scan the QR code to download the Sydney Health app.

You can also sign up at anthem.com/register and access most of the same features from your computer.

Anthem

CalCPA Health

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider 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 application services on behalf of your health plan.

Other virtual care services offered through an arrangement with LiveHealth Online. LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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