

Manage your plan with just a few taps or clicks

Access everything you need through our Sydney Health app or online at www.anthem.com/ca.

Say hi to Sydney

The Sydney app is a simple, secure tool that makes it easier than ever to manage your healthcare, wherever you are.

To start:

STEP 1: Download the Sydney Health app to your smartphone or other mobile device.

STEP 2: Set up your profile using your member ID, along with a secure password.

STEP 3: Enjoy a simpler, more connected health experience with the Sydney app.

- View and use your digital plan membership card.
- Find doctors, specialists, and hospitals in your network and compare costs.
- Find network pharmacies in your area (if your plan includes prescription drug coverage).
- Use our chatbot to quickly find the answers to your health questions.
- Set wellness goals.



See page 2 to learn about our online tools.



Register and log in to our website

Reduced paperwork, fewer phone calls, and greater convenience are just three of the reasons why you'll want to register on our secure website at www.anthem.com/ca. Here you can:

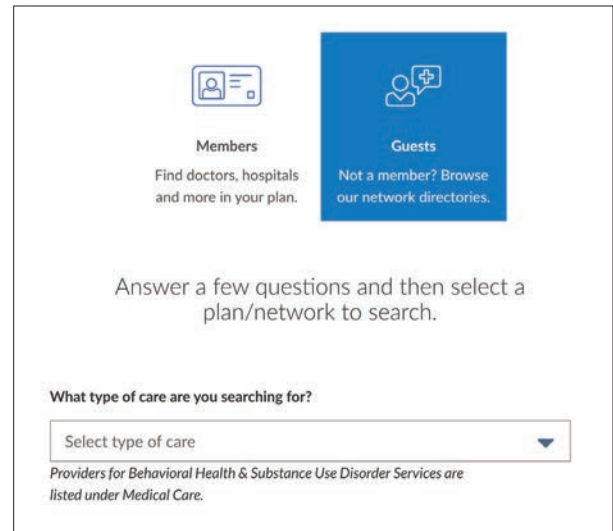
- Download and/or print your plan membership card.
- Find a doctor or hospital.
- Take advantage of health decision and support tools.
- Change your email address and communication preferences.
- Find important forms, benefit charts, and more, including your *Explanation of Benefits* (produced after a claim is submitted).
- Explore personalized health information, surveys, and calculators.

For answers to questions:

Call the number on the back of your plan membership card.

Your plan allows you to visit any doctor who participates in Medicare and accepts the plan. If you'd like to choose a doctor from our network, you can use our online tool. Here's how:

1. Go to www.anthem.com/ca.
2. Choose the **Find Care** button.
3. Search as a member by logging in and using your member ID number or prefix (first three values), or search as a guest by selecting a plan.



The screenshot shows the 'Find Care' tool interface. It features two main options: 'Members' (Find doctors, hospitals and more in your plan.) and 'Guests' (Not a member? Browse our network directories.). Below these options, there is a prompt: 'Answer a few questions and then select a plan/network to search.' A dropdown menu is labeled 'What type of care are you searching for?' with the text 'Select type of care' and a downward arrow. A small note at the bottom states: 'Providers for Behavioral Health & Substance Use Disorder Services are listed under Medical Care.'

Note: Web navigation and screen images may have been updated since this document was created.

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We do not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability in our health programs and activities.

English: You have the right to get this information and help in your language for free. Call the Member Services number on your ID card for help. (TTY: **711**)

Spanish: Tiene el derecho de obtener esta información y ayuda en su idioma en forma gratuita. Llame al número de Servicios para Miembros que figura en su tarjeta de identificación para obtener ayuda. (TTY: **711**)

Chinese: 您有權使用您的語言免費獲得該資訊和協助。請撥打您的 ID 卡上的成員服務號碼尋求協助。(TTY: **711**)