Anthem

Your well-being is important to us

We may call with information that can help you be healthier

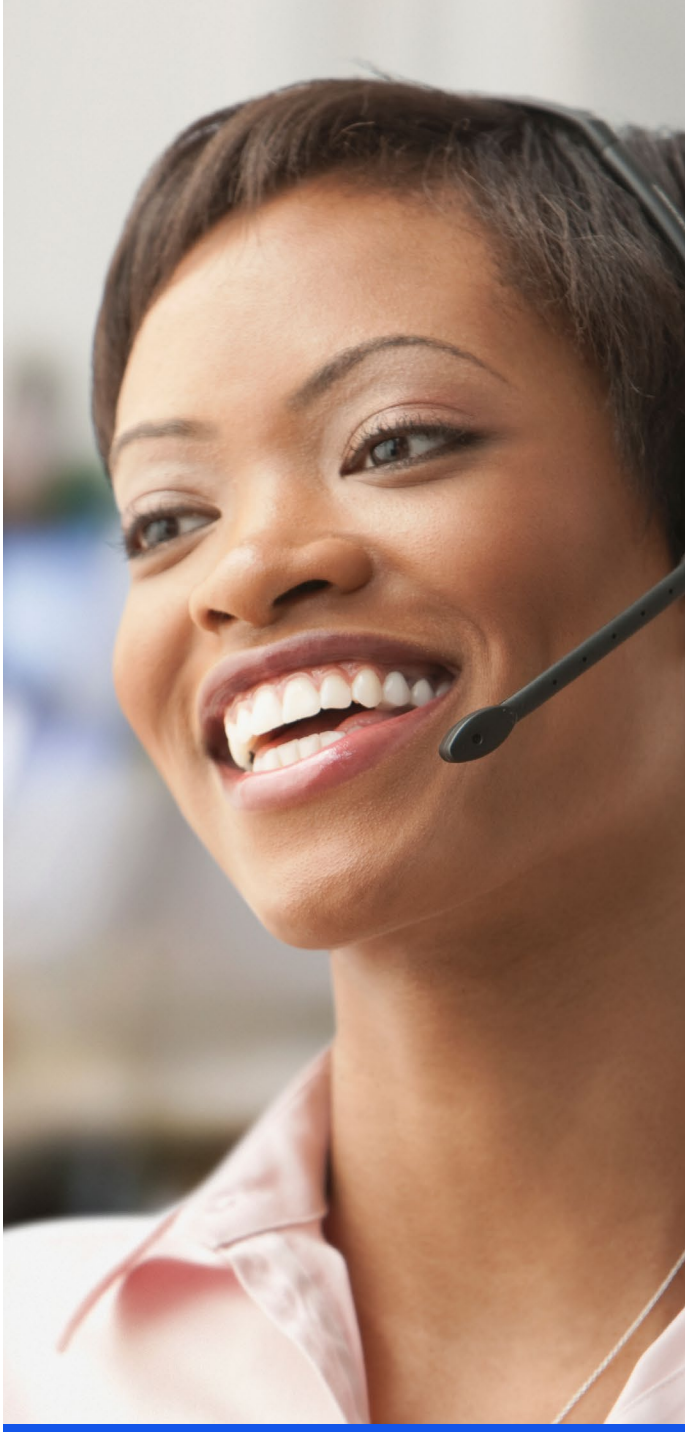
If you receive a phone call from our health and wellness team members, it's because we want to share important health information or appointment reminders. We may also let you know about programs to improve your well-being. Our calls are always confidential.

Topics you can discuss with us

Together, we can talk about your health concerns, such as losing weight, quitting smoking, preparing for surgery, or making healthier life choices. For example, if you're expecting a baby, we might introduce you to a supportive program that can help you enjoy a healthier pregnancy. The programs we suggest are available at no cost, and we will explain how they work with your benefits.

Keep in mind:

- **We aren't selling anything** - We only call when we can help with suggestions or programs that are already included in your health benefits.
- **We'll ask to verify your name and date of birth** - Your health information is confidential. That's why it's important for us to make sure we're only sharing it with you.



We're here to help you feel supported in making the best decisions for your health

If you need to reach us, chat with us on the **Sydney℠ Health** app or **anthem.com** or call the Member Services number on the back of your health plan ID card. If you would prefer to not receive calls, let us know.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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