

Your Anthem health plan

Resources and tools
available to you

March 27, 2025



Agenda

- Health and wellness programs
- Tools and resources
- Additional programs for Anthem members

Health and wellness programs

Health and wellness programs

Being enrolled in an Anthem health plan, you have access to a variety of programs and resources — at no added cost — to help you:



Better manage your condition.



Improve your overall health.



Reach your health goals.



Save on health-related products and services.

Once you have an Anthem plan, log in to anthem.com/ca or the Sydney^{<SM>} Health app, or call the Member Services number on your health plan ID card to enroll in these programs.

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



24/7 NurseLine

Support anytime, day or night

Connect with a registered nurse who can:

- Answer health questions.
- Help you decide where to go for care.
- Find doctors or other care healthcare professionals near you.

Connect with 24/7 Nurseline via:

- Anthem.com/ca; or
- Sydney app
 - Click on: “My Health Dashboard”
 - Next, click on: “Programs”
- Or call the number on the back of your ID Card:



Members: When submitting inquiries, always include your ID number from the face of this card. Possession or use of this card does not guarantee payment. Submit claims at www.anthem.com/ca/submitmyclaim

Providers: Please submit claims to your local BCBS Plan. To ensure prompt claims processing, please include the 3-digit prefix that precedes the patient ID number listed on the front of this card.

Chat Live at anthem.com/ca

Member Services
24/7 NurseLine

Coverage While Traveling
Provider Services

Carelon Precert, Med Ben Mgmt
Behavioral Health Resources
Pharmacy Services*

1-844-451-2077
1-800-700-9184
1-800-810-2583
1-800-676-2583
1-888-953-6703
1-833-363-1428
1-888-850-5269

*Contracts directly with group



Autism Spectrum Disorder Program

Building a strong support system for the entire family

A specialized team of clinicians will work with you to create a personalized custom care plan, help coordinate care, and connect you with resources in your community.

Connect with ASD Program via:

- Anthem.com/ca; or
- Sydney app
 - Click on: *“My Health Dashboard”*
 - Next, click on: *“Programs”*
- Or call: **844-269-0538**



Case Management

Supporting your whole health

If you're in the hospital or have a serious health condition, a nurse care manager can:



Help answer your questions.



Coordinate your care with different doctors.



Show you how to use your health benefits.



Educate you about your health issue and treatment options.



Give you tips on saving money and connecting with local resources.

Total Health, Total You

Care tailored to your needs

This unique program gives you access to an Anthem Health Guide to support you whenever you need it most. For simple, caring, and consultative support, chat online or through the Sydney^{<SM>} Health app. They'll help you:

- Stay on top of your follow-up and preventive care reminders and schedule your appointments if needed.
- Find the right doctors, specialists, or care facilities for you and your family.
- Connect you with the right benefits and programs for your healthcare needs, like nurse manager support for managing chronic conditions.
- Compare costs for healthcare services.



Behavioral Health Resources

Extra support can make a difference

Our knowledgeable and caring representatives are available 24/7 to help with:

- Stress
- Anxiety
- Depression
- Substance use
- Eating disorders

Connect with Behavioral Health Resources:

- Anthem.com/ca; or
- Sydney app
 - Click on: “My Health Dashboard”
 - Next, click on: “Programs”
- Or call the number on the back of your ID Card:



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Chat Live at anthem.com/ca

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Building Healthy Families



Extensive content library covering topics to support diverse families — including single parents and same-sex or multicultural couples — on the path to parenthood.



Screenings, tools, and trackers — for preconception, fertility, pregnancy, and early childhood.



Available 24/7 through our Sydney^{<SM>} Health app.

Connect to Building Healthy Families:

- Anthem.com/ca; or
- Sydney app
 - Click on: “My Health Dashboard”
 - Next, click on: “Programs”



Inclusive Care

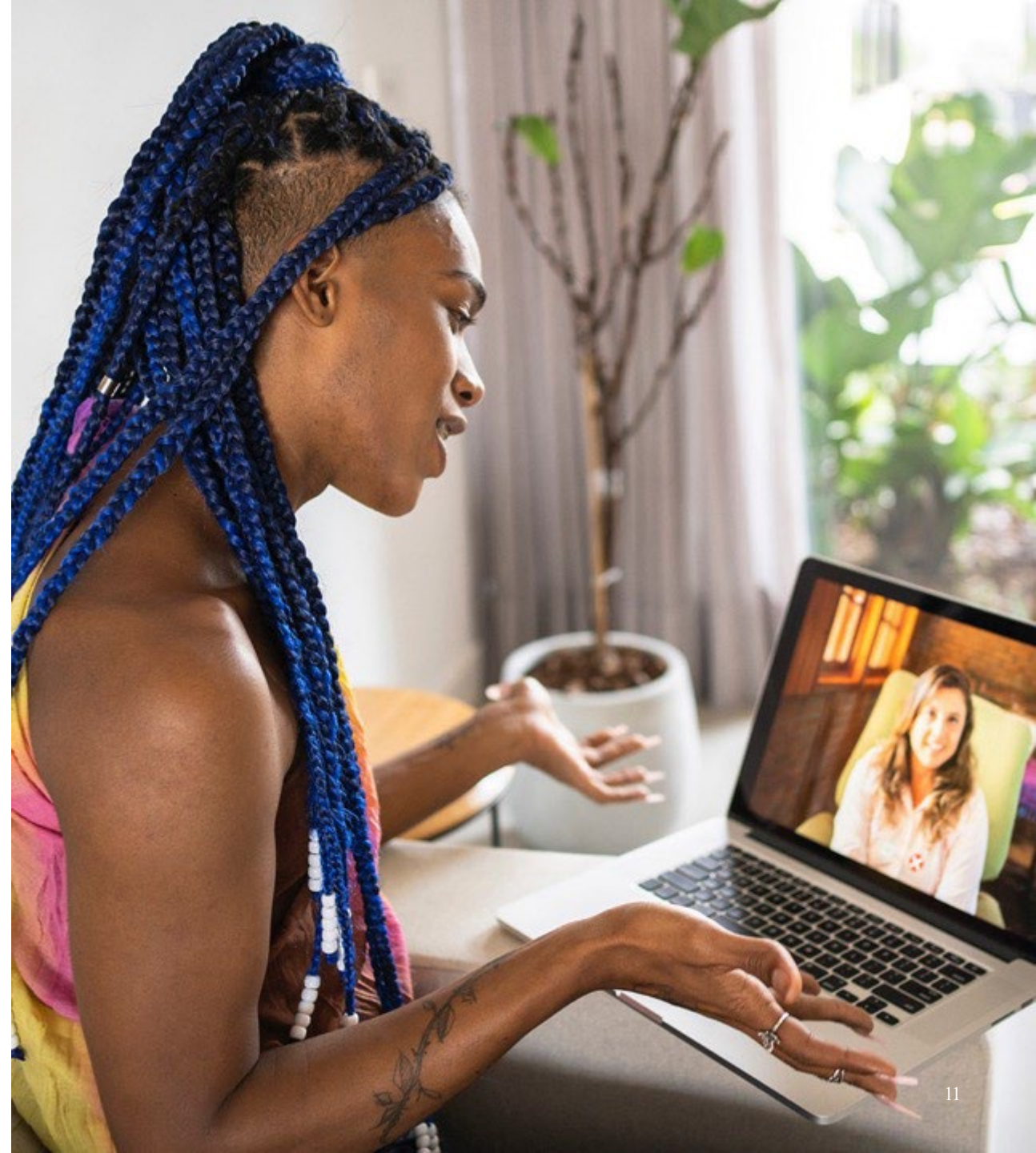
This program focuses on health from all angles — addressing physical, behavioral, and social needs.

Our service and clinical teams help LGBTQ+ individuals access:

- Medical and behavioral health support from doctors who are LGBTQ+ inclusive and subject matter experts.
- Gender affirmation surgery guidance and counseling.
- Specialty medicine support.
- Community programs and education resources.

Connect with Inclusive Care:

- Anthem.com/ca; or
- Sydney app
 - Click on: “My Health Dashboard”
 - Next, click on: “Programs”



MyHealth Advantage

Make the most of your health plan

MyHealth Advantage sends you messages about your health, with personalized and actionable opportunities to:



Improve health through reminders about screenings, tests, and programs.



Learn about possible gaps in care and how to avoid serious health issues.



Make the most of your healthcare dollars.

View your personalized messages on Sydney:

- Click on “Menu”;
- Then, click on “*Optimize Your Care*”

SpecialOffers

Get discounts on a variety of programs that help promote health and well-being.

Visit anthem.com/ca and choose Care; then select Discounts.



Save money on products and services for dental, vision, hearing, weight loss, fitness, family planning, pet insurance, health supplements, and skincare.



Tools and resources

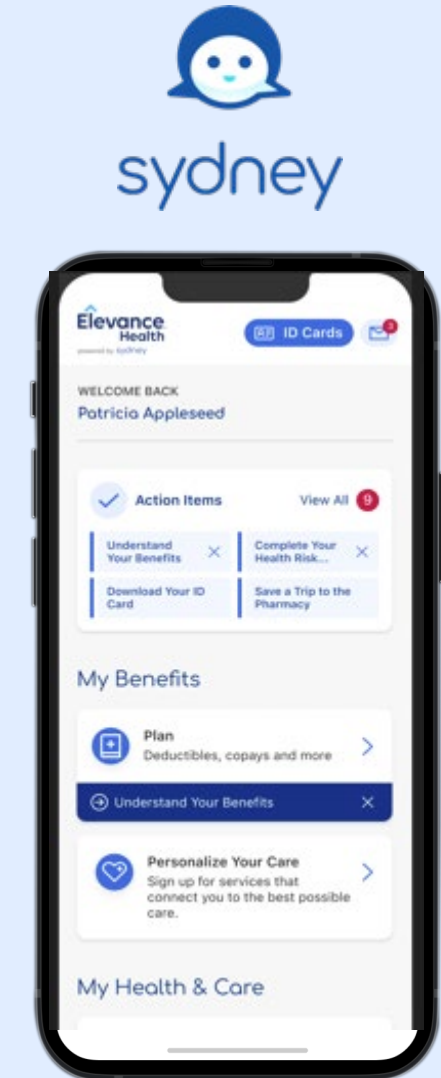


Sydney Health mobile app

Makes healthcare easier

SydneySM Health helps you keep track of your health and benefits all in one place. You can use the app to:

- Find care and compare costs.
- Learn what's covered and check claims.
- View and use your digital ID cards.
- Check your plan usage.
- Chat with Member Services if you have questions or need information.
- Use the Symptom Checker to assess your symptoms
- Use My Health Dashboard to find wellness tips and personalized action plans.
- Simplify your family's health data with My Health Record to access and share health information in one place.



Anthem Health Guides

An Anthem Health Guide answers your questions and walks you through the healthcare system so you can:



Find the right benefits for your needs.



Stay on top of appointments.



Save money on prescriptions.



Compare costs for healthcare services.

Once you have an Anthem health plan, reach a Health Guide by calling 844-451-2077 (the number on the back of your ID card). You can also go to anthem.com/ca to send a secure email or chat online.



Thank you



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. Life and disability products underwritten by The Standard a separate company that does not offer Blue branded products and services. The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of 1100 SW Sixth Avenue of Portland, Oregon, in all states except New York, where insurance products are offered by The Standard Life Insurance Company of New York of 360 Hamilton Avenue, Suite 210, White Plains, New York. Product features and availability vary by state and company, and are solely the responsibility of each subsidiary. Each company is solely responsible for its own financial condition. Standard Insurance Company is licensed to solicit insurance business in all states except New York. The Standard Life Insurance Company of New York is licensed to solicit insurance business in only the state of New York. Virtual text and video visits powered by K Health. LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Online counseling is not appropriate for all kinds of issues. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide and Crisis Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services. Crisis support is available if you or someone you know is having suicidal thoughts or behavior, is experiencing emotional distress, or is behaving in a way that could harm others. Call 988 to reach the 24/7 confidential 988 Suicide & Crisis Lifeline or go to 988lifeline.org.

In California Anthem Blue Cross is the trade name of Blue Cross of California, Inc. Also serving California: Anthem Blue Cross Life and Health Insurance Company. In 11 northeastern counties of New York Anthem Blue Cross is the trade name of Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc., and Anthem Blue Cross HP is the trade name of Anthem HP, LLC. Independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

Additional Programs for Anthem Members





What Hinge Health can do for you

WHO WE HELP

Help when you need it

No two journeys are the same



**Care for a recent
or past injury**



**Prepping for an
upcoming surgery**



**Recovering
from surgery**



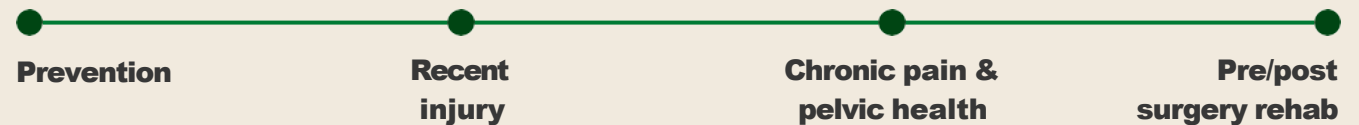
**Desire for building
healthy habits**

Care for every body and every body part

Provided at no cost for all employees and dependents 18+ enrolled in an Anthem medical plan through Radiology Partners.



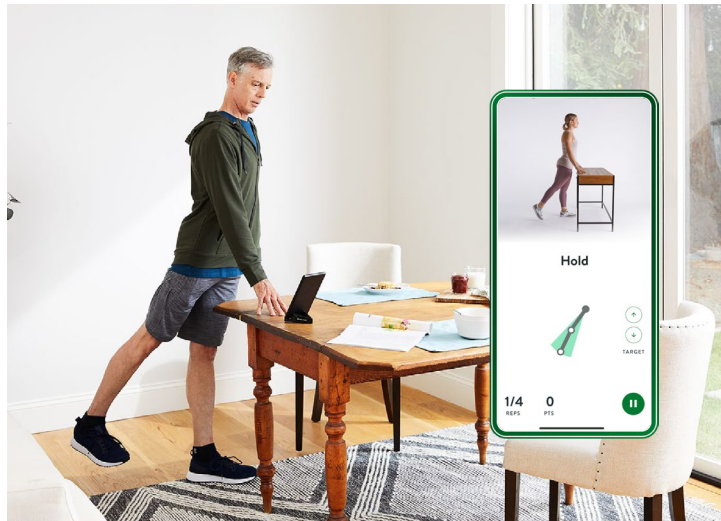
Comprehensive joint and muscle care for every body



HOW WE TREAT

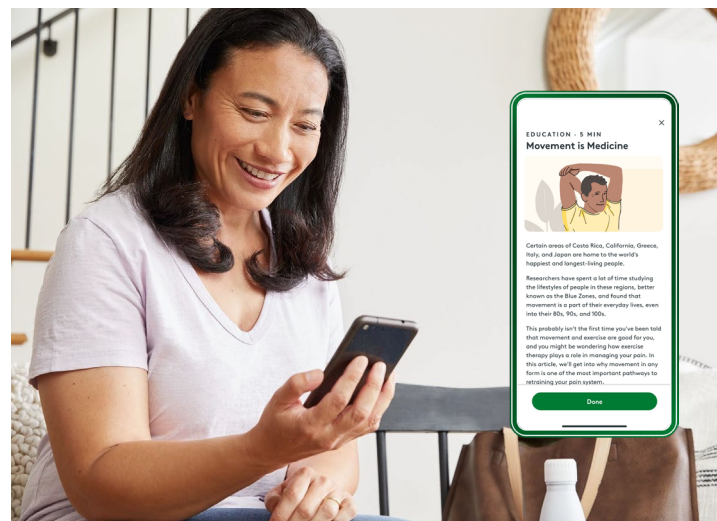
Care that's proven to work

A treatment plan customized for you and your needs



Exercise therapy

Real-time feedback & motion tracking
with our sensor technology



Education

A personalized curriculum of
easy, science-based reads



Dedicated care team

1:1 health coaching, physical therapy,
second medical opinions

HOW WE TREAT

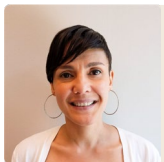
Clinical & Coaching teams

Depending on your needs, your personalized program could include coaching and therapy

Behavioral Health Coach support

Role: Accountability & adherence

- **Accredited health coaches**
- Spanish-speaking coaches available



Lolita Lopez, NBC-HWC
MPH



Sarina Lamarche, NBC-HWC
MA in Psychology



Michael Litzenberg, ACSM
B.S. Kinesiology

Physical Therapists & Clinical experts

Role: Ensure clinical standard & Health Coach support

- **Team of full-time PTs and clinical experts** led by Chief Medical Officer and Clinical Specialist PT



Jeff Krauss, MD
Chief Medical Officer



Raymond Hwang, MD
Medical Director



Jonathan Ide-Don
Director of Clinical
Specialists



Jonathan Lee, MD, MBA
Senior Expert Physician,
Orthopedic Surgery

WHAT TO EXPECT

Application process

1. Apply

- Visit hinge.health/radpartners
- Fill out questionnaire
- Expect a follow-up email within 24–48 hours

2. Program Acceptance

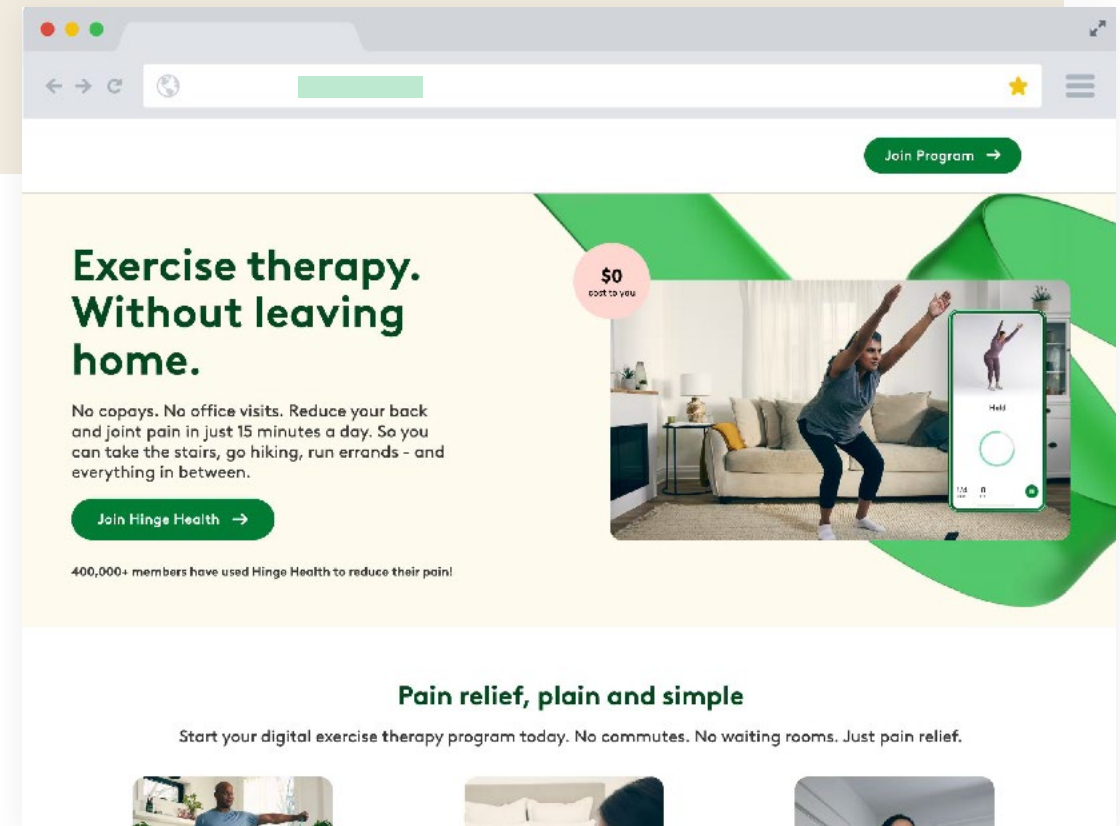
- Receive welcome message from your care team
- If you need items with your treatment plan, you will receive them within 1–2 weeks

3. Begin Program

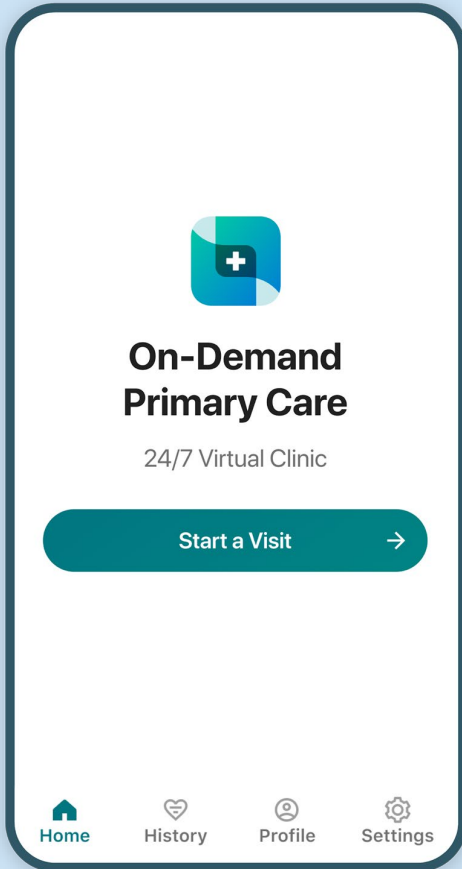
- Login to the app and begin the Hinge Health program
- Set up an initial call with a member of your care team

Questions? Email hello@hingehealth.com or call (855) 902-2777

Apply today by visiting
hinge.health/radpartners



98point6 by Transcarent Overview



On-Demand Access

- 24/7/365
- All 50 states and D.C.
- Members ages 1+



Quality Primary Care

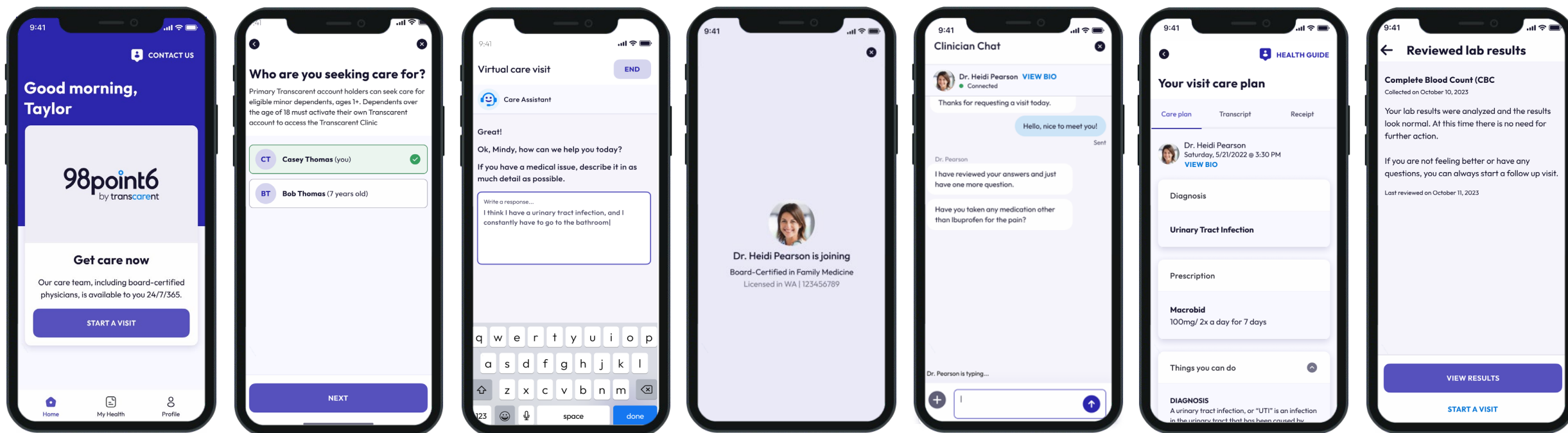
- U.S. Board Certified MD, DOs,
- ## Affordable



- \$0/visit for non-HSA plans
- \$8/visit for HSA plans

THE NEW MEMBER EXPERIENCE

98point6 by Transcarent Experience



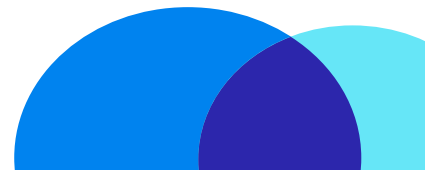
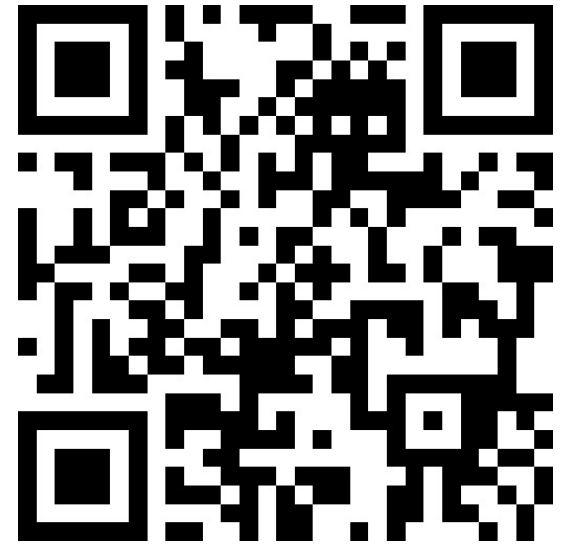
Get Visit Ready

Install 98point6

- You and any eligible dependents ages 18+ can download 98point6 from the App Store or Google Play
- **Simply scan the QR code with your mobile device to download the app**

Easy, fast set-up

- Create your account and you'll be just a few taps away from starting a visit for yourself or your enrolled dependents ages 1-17
- Members ages 18+ will need to download their own app.
Dependents ages 1-17 will need a parent or guardian to start a visit for them



Your Kindbody benefits through Radiology Partners

Kindbody Benefit Package

Employees and spouses/partners enrolled in a Radiology Partners-sponsored Anthem medical plan have access to:

Fertility cycles

Up to 2 KindCycles per lifetime*

Includes coverage for egg freezing, IVF, IUI, medications and up to 1 year of storage with each applicable fertility cycle.

Each treatment is valued at a certain portion of a full KindCycle.

Treatments can be mixed and matched to reach 2 total.

[Treatment must be provided by a Kindbody Signature or High Value provider.]

*services are subject to medical cost share

Donor, Surrogacy & Adoption

Up to \$40,000 per employee per lifetime benefit for the reimbursement of eligible donor, surrogacy and adoption services

Holistic Health

Up to 5 sessions of holistic health services including mental health support, nutrition counseling, doula/midwives/birth coaches, lactation support, return to work coaching, etc.

Fertility medication

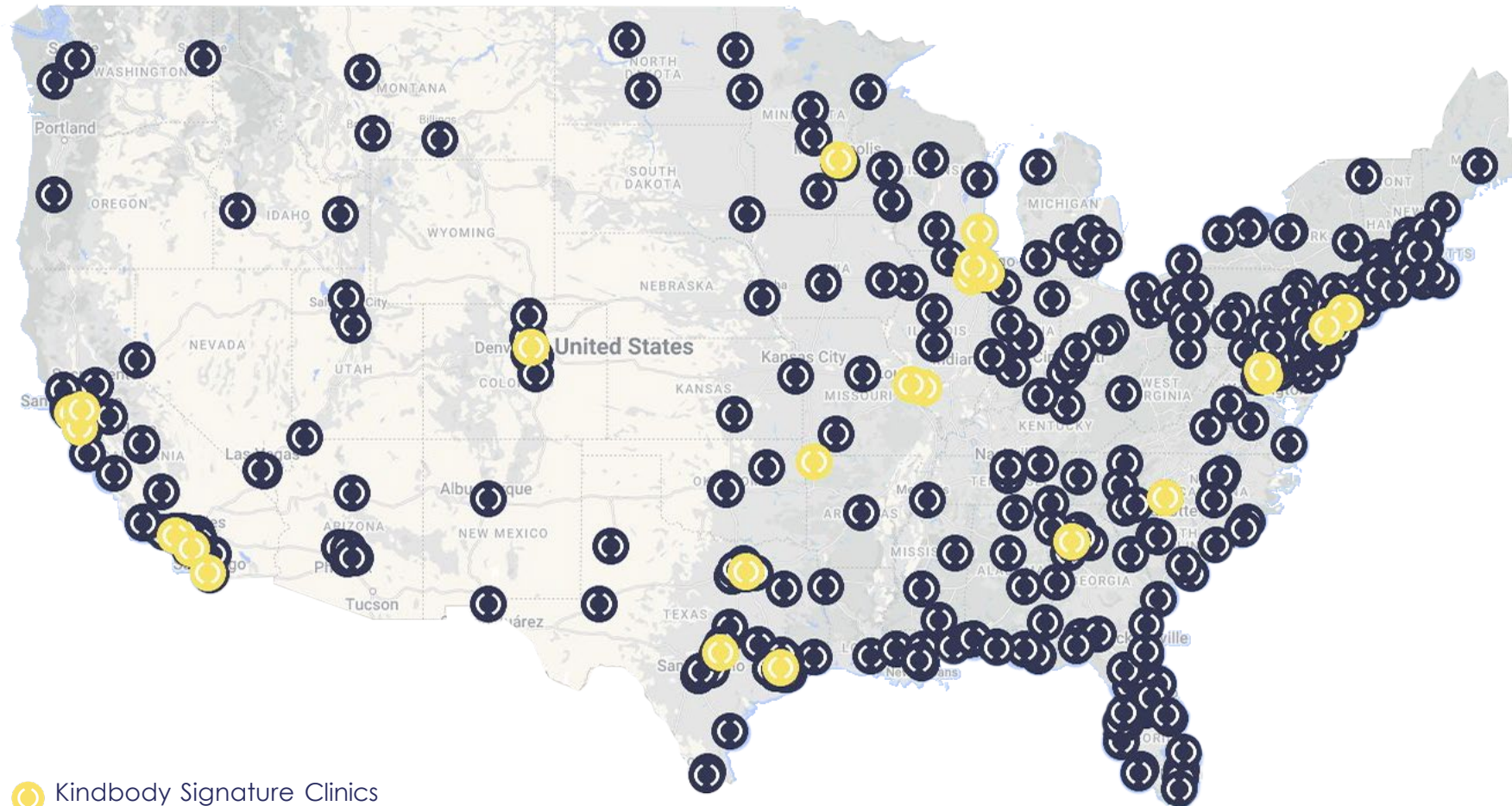
Full coverage for 3 KindCycles* through KindRx.

Your Kindbody Benefit

How Does it Work?

- Your Kindbody benefit is integrated with your Anthem medical plan.
- KindCycles are subject to your major medical deductible, co-pays, co-insurance, and out-of-pocket maximums (OOP).
- Once you've reached your OOP, covered treatments and medications will be covered in full with no additional cost to you.

Where We Are



- Kindbody Signature Clinics
- Kindbody Partner Clinics

Kindbody's Signature Clinics

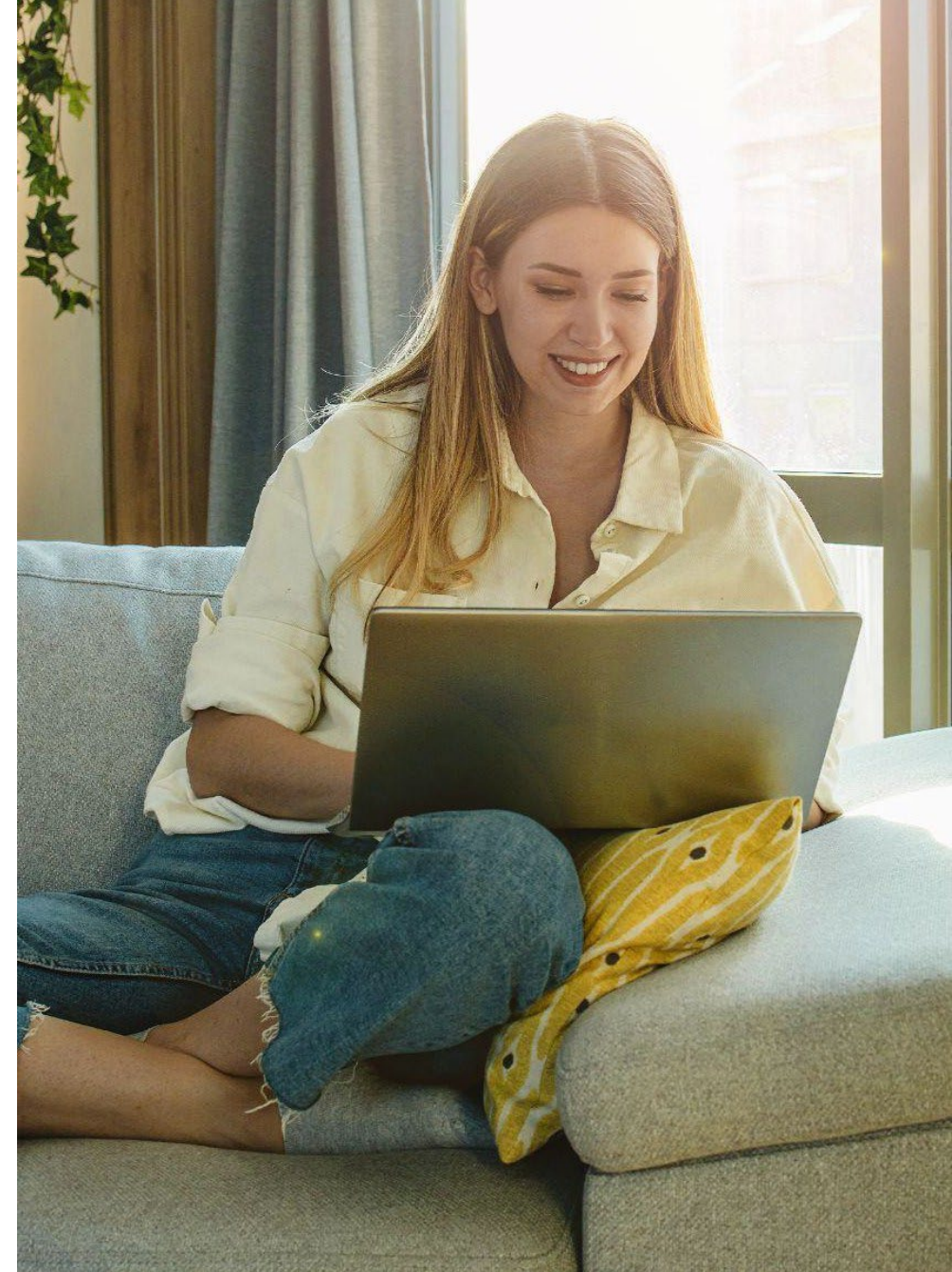
- Atlanta, GA
- Aurora, IL
- Austin, TX
- Bethesda, MD
- Charlotte, NC*
- Chicago, IL x2
- Dallas, TX
- Denver, CO
- Glenview, IL
- Hoffman Estates, IL
- Houston, TX
- Los Altos, CA
- Milwaukee, WI
- Minneapolis, MN
- Newport Beach, CA
- New York, NY x2
- Princeton, NJ
- Rogers, AR
- San Diego, CA
- San Francisco, CA
- Santa Monica, CA
- St. Louis, MO
- Swansea, IL
- Walnut Creek, CA
- Washington D.C.

27 locations at YE '25

*Opens in 2025

Get Started on Your Kindbody Journey

- 1 Head over to kindbody.com/activate
- 2 Create your Kindbody account using your email address (Work or Personal)
- 3 Enter your Access Code: **KINDRP**
Enter your Unique ID:
Employee & Spouse/Partner -
firstname.lastname



Your Kindbody Benefit Ongoing Support

- Patient Portal
 - Online scheduling
 - Secure messaging
 - Billing questions
 - Medical records & results
 - Personalized tutorials
- Patient Care Navigators
 - Radiology Partners-dedicated line: 1-844-547-0096 x option 3
 - employeebenefits@kindbody.com

