

Building Healthy Families

Personalized support for every family

Every family is unique and grows in its own way. Anthem's Building Healthy Families program can help your family grow strong whether you're trying to conceive, expecting a child, or in the thick of raising young children.

This program provides extensive tools and personalized information at no added cost to you through a convenient, digital hub on the **Sydney® Health** app.

Benefits to help you thrive

- One-on-one pregnancy support
- Interactive health trackers
- 24/7 access
- Personalized content



Anthem

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Find the support you need

When you enroll in the program, you can count on personalized support at every stage, from family planning and pregnancy through the toddler years. There's also tailored information for family stories that include adoption, surrogacy, partner support and single parenthood. Depending on your situation, you'll have unlimited access to:

Digital tools and resources

- Log feedings, diaper changes, and developmental milestones.
- Get updates on baby's development during pregnancy.
- Track ovulation.
- Monitor prenatal health risks like blood pressure and weight.

Health and wellness expertise

- Explore a digital library with thousands of educational articles and videos on a variety of family-building topics.
- Chat with a Family Care Coach in the app for help with general pregnancy questions.
- Connect with a maternity nurse and virtual lactation support as needed during pregnancy and postpartum.

Building Healthy Families can help you nurture your family's health and tackle every stage of growth with confidence.



Your Family Advocate is here to help

For questions about this program or other benefits, contact your Total Health Connections Family Advocate by logging in to the Sydney Health app or **anthem.com/ca.** Under your Action Items, select Connect with your Family Advocate.

Join Building Healthy Families

To get started, scan this QR code with your phone's camera or log in to your account on **anthem.com/ca.**

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

Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem Blue Cross.

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