



Manage your health with our online tools



Enroll in an Anthem Group Medicare Advantage plan to access our suite of convenient online tools and programs.

Online programs and services focused on you

You can use our online programs and services to create a personalized, convenient care experience.



Use LiveHealth® Online to have a video visit from anywhere

It's a great way to:

- Visit with a board-certified doctor 24/7 for common conditions like the flu, colds, sinus infections, pink eye, and skin rash.
- Have prescriptions sent to the pharmacy, if needed.¹
- Set up a 45-minute counseling session with a licensed therapist or psychiatrist, when you feel depressed, anxious, or stressed.^{2,3}



MyHealth Advantage helps you keep track of your health and progress

This program also:

- Gives you access to health specialists who can answer your questions.
- Sends you reminders about needed care, tests, or preventive steps to stay healthy.
- Lists your health claims and prescriptions.



My Family Health Record lets you access and share your health history

With My Family Health Record, you can:

- Get an overall view of your medical records from your different care providers.
- Download and share your health history and electronic medical records (EMR) with your care providers, caregivers, and family members.
- View your health journey with charts and graphs that track and measure your records over time.

All your plan information in one convenient spot



Once you've enrolled, register on www.anthem.com/ca to get started

Your secure online account allows you to:

- Review your claims status for health visits, prescriptions, and claims history.
- Find a doctor, hospital, and other healthcare providers.
- Send us a secure message 24/7 when you have a question or need help.
- View plan documents, like your *Evidence of Coverage (EOC)*.
- Discover articles and videos about self-care, medicines, and various health conditions, tests, and treatments.



Download the Sydney Health app for even more convenience

The SydneySM Health app includes most of the same features as www.anthem.com/ca — in the palm of your hand. Plus, you can do the following:

- Set up a virtual care visit.
- View your digital ID cards.
- Create health reminders and wellness goals.
- Live chat with us.



To enroll or for more information, call your First Impressions Welcome Team at 1-833-848-8729, TTY: 711. Monday through Friday, 5 a.m. to 6 p.m. PT, except holidays.

- 1 Prescription availability is defined by physician judgment.
- 2 Appointments subject to availability of a therapist. Therapists using LiveHealth Online cannot prescribe medications.
- 3 LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide & Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

Language Access Services — (TTY: 711)

We comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

This is not intended to be medical advice. That should be a conversation between you and your doctor. We just want to help you be informed and receive the most from your health plan.

Online tools are offered to Anthem plan members as extra services. They are not part of the contract and can change or stop.

Other pharmacies and physicians/providers are available in our network.

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

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

Anthem BC Health Insurance Company is an LPPO plan with a Medicare contract. Enrollment in Anthem BC Health Insurance Company depends on contract renewal. Anthem BC Health Insurance Company is the trade name of Anthem Insurance Companies, Inc. Independent licensee of the Blue Cross Association.