



**ERChealth**™

Next Generation

# Member Brochure

For over 20 years, employers have embraced ERHealth as a true investment in the health, wellness, and productivity of their people and organization.

Today, with a new and advanced suite of personalized programs and employee options, ERHealth continues its delivery of superior level access, service, and support.

We help simplify, and amplify, the benefits of health insurance, preventive care, and wellness to provide financial value and a positive member experience.

When you commit to making critical changes and improvements in your life, ERHealth is there to reward you in the ways you want to be rewarded and your organization wins too.

## ERHealth Service and Support

Making improvements to your health and wellbeing can be challenging. Connecting to your benefits and resources shouldn't be!

ERHealth is committed to helping members connect with all of our enhanced program services. Questions about preventive care, rewards, and Sydney app can all be sent to Service and Support. You can submit a question or concern at <https://erhealthsupport.com/>.



## Prevention Focused

A cornerstone of the ERHealth program, enrolled employees and spouses are encouraged to invest in their health by choosing preventive exams or screenings that are meaningful to them each year.

Take a look at the next page for details on how you can get rewarded for these exams, screenings, and other wellness activities!

# Smart Rewards

**\$300 Max Per Enrolled Employee & Enrolled Spouse**

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## **Annual Well Exam or Annual Well Woman Exam**

\$100 per plan year

Completing an annual well exam or well woman exam is an essential step in understanding your health and building an on ongoing relationship with your primary care physician.

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## **Preventive Cancer Screenings**

\$50 per plan year

Get rewarded for completing one of the following preventive cancer screenings: mammogram, colorectal screening, prostate screening, and skin cancer screening.

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## **ConditionCare**

\$100 per plan year

If you're dealing with a chronic condition like asthma or diabetes, you can get one-on-one help from a health care professional to help you manage your health and reach your goals.

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## **Steps Tracking**

\$25 per month

Employees and spouses can earn up to \$25 per month for meeting a minimum of 240,000 steps. Keep track manually or by linking a wearable device or app.

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## **Building Healthy Families**

\$75 per plan year

Work with a Family Care Coach who provides personalized support to help you navigate your family's unique journey.

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## **Health Assessment**

\$50 per plan year

Receive a reward for completing your Health Assessment by answering questions about your overall health, medical history, diet, and exercise.

## **Well-being Coach**

\$100 per plan year

A live health coach motivates and supports you through making meaningful changes towards quitting smoking or weight management.

# Anthem Sydney App

All of your ERChhealth and Anthem benefits in one place!

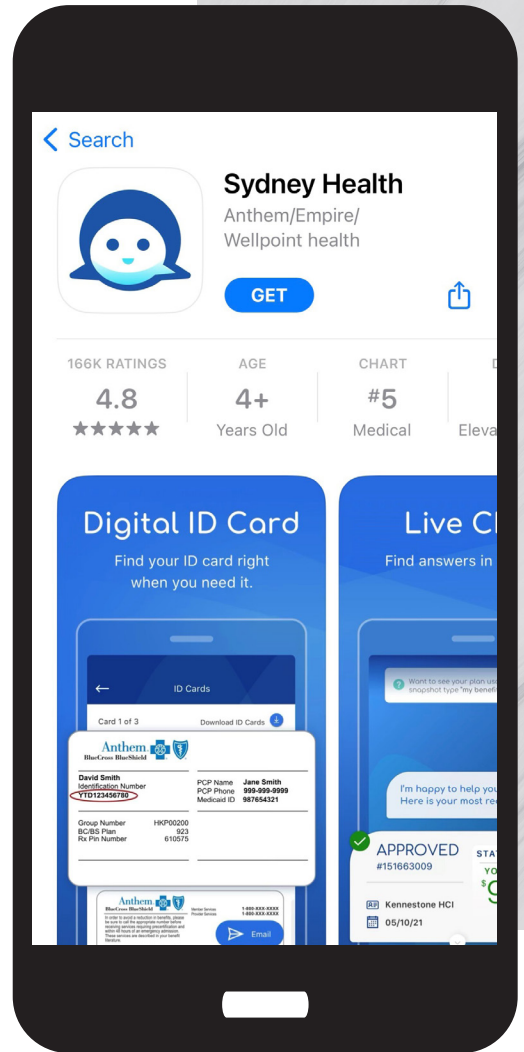
Instantly access your personalized technology through this central hub and view your Anthem benefit information, text a Health Guide, earn rewards, and much more.



Scan the QR code to download the free Sydney mobile app and *Select Register*

or

visit [Anthem.com/register](https://Anthem.com/register)



Anthem Health Guide helps you navigate the health care system by simplifying the health care experience and providing a seamless transition from service to care. They can assist with health insurance questions, discuss eligible programming, and assist with making member appointments.

Connect with a Health Guide by calling the Member Services number on the back of your Anthem ID, instant message via Anthem.com, or text via the Sydney app.