

Earn rewards for a healthy lifestyle



Your healthy choices deserve recognition. Find support on the **SydneySM Health** app, an all-in-one hub to access your benefit information and wellness rewards. With the incentive program, **you and your enrolled spouse or domestic partner can earn up to \$300 each** for participating in activities such as tracking your steps and completing a wellness exam.

Start earning rewards today

Through the Sydney Health app:

- Download or log in to our **Sydney Health** app and select **Menu**.
- Select **My Health Dashboard**.
 - To earn your rewards: Scroll down and select **My Rewards** to view activities that you can complete.
 - To redeem your rewards: Scroll down and choose **Redeem Rewards**.

Take advantage of your rewards program — be an active participant! Any rewards earned must be redeemed before the end of the current plan year or you will lose them. Your reward balance will reset to zero at the beginning of each new plan year.

Through our website:

- [Log in to anthem.com](https://www.anthem.com).
- Select **My Health Dashboard**.
- Select **My Rewards**.

Take the Health Risk Assessment to receive your **wellness rewards**. Learn more about your health, and get **personalized steps** to improve it.

Celebrate your health accomplishments — big and small.

Scan the code with your phone's camera to download the Sydney Health app and start earning your rewards.



How to earn rewards

Preventive — Receive rewards when claims are processed		
Activity	Description	Value
Wellness or well-woman exam	Complete an annual preventive wellness exam or well-woman exam with your doctor.	\$100
Cancer screenings	Complete one of the following four cancer screening options.	
Mammogram	Complete a routine mammogram (women 40 to 74).	\$50 ¹
Colorectal cancer screening	Complete a colorectal cancer screening (45 years and older).	\$50 ¹
Skin cancer screening	Complete a skin cancer screening (18 years and older).	\$50 ¹
Prostate cancer screening	Complete a prostate cancer screening (55 to 69).	\$50 ¹
Wellness — Complete activities in the Sydney Health app or at anthem.com		
Activity	Description	Value
Health profile	Complete a health assessment and receive tailored health recommendations.	\$50
Track steps	Track your steps — 240,000 steps per month.	\$25
Condition management — Reach certain benchmarks or complete a program		
Activity	Description	Value
Building Healthy Families	Support is available through the Sydney Health app wherever you are in your family planning process, such as trying to conceive, expecting a child, or raising a toddler.	Up to \$75 (\$25 initial/\$25 interim/\$25 postpartum assessment) ²
Well-being Coach Tobacco (participation)	Tobacco Cessation Program: Receive one-on-one support and lifestyle coaching for tobacco cessation.	\$50
Well-being Coach Tobacco (completion)	Tobacco Cessation Program: Receive one-on-one support and lifestyle coaching for tobacco cessation.	\$50
Well-being Coach Weight (participation)	High-risk Weight Management Program: Receive one-on-one support and lifestyle coaching for weight management.	\$50
Well-being Coach Weight (completion)	High-risk Weight Management Program: Receive one-on-one support and lifestyle coaching for weight management.	\$50
ConditionCare (participation)	Work one-on-one with your health coach for a chronic condition and earn rewards for participating in the program.	\$50
ConditionCare (completion)	Work one-on-one with your health coach for a chronic condition and earn rewards for completing the program.	\$50

All preventive care activities are claims based. Medical waivers apply to all claim-based activities. Only you and your spouse or domestic partner are eligible for rewards. You must be active on the plan, and activity must take place during the plan effective year. It may take a little time once you complete a wellness activity before you see the reward amount in your account. You and your spouse or domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. Anthem claims are required for claim-based activity rewards and may take up to 60 days to adjudicate. Product availability may vary. The reward amount redeemed may be considered income to you and/or your spouse or domestic partner, and subject to state and federal taxes in the tax year it is paid. You and/or your spouse or domestic partner should consult a tax expert with any questions regarding tax obligations. The list of retailers available for electronic gift card rewards redemption is subject to change. Open the Sydney Health app or log in to anthem.com to explore the electronic gift card options available to you.

¹ You receive \$50 if you complete at least one of the four cancer screenings. For example, if you completed just a skin cancer screening, you'd receive \$50. If you completed a skin cancer screening and a prostate cancer screening, you'd still receive \$50.

² These are the Building Healthy Families (BHF) milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least one of six mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Rewards include \$25 for a BHF Pregnancy Screener; \$25 for completing at least one of six mini assessments; \$25 for a postpartum assessment.

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

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

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