

Anthem Wellbeing Solutions

Help your employees meet their health goals



Whole-person care to support a healthier, more productive workforce ▶



We understand the importance of giving your employees benefits to care for their whole health. This includes their physical, financial, emotional, and overall well-being.

That's why Wellbeing Solutions uses a comprehensive approach to help reimagine employees' healthcare, providing personalized support for every person's unique health goals.



6 in 10

employers agree that expanding the use of wellness, preventive, and health initiatives is extremely important.*

* <Anthem> Competitive Intelligence 10th Annual Workplace Benefits Study, 2021.

Programs to enhance employee well-being

From staying in good health to managing a chronic condition, Wellbeing Solutions offers access to resources and programs designed to support employees' whole health.

- Mental and physical well-being
- Preventive care
- Condition management
- Healthcare navigation and decision-making

<The Engagement Package <200> rewards employees up to <\$200> for taking part in a variety of condition management, preventive care, and wellness activities. The engagement package includes access to our dynamic Well-being Coach program and the SydneySM Health app.>

<Your employees will enjoy increased value, guidance, and encouragement no matter where they are on the health spectrum, and you receive rewards for their level of engagement.>

<The Diabetes Prevention Program provides 24/7 education and personalized coaching to help prevent the onset of Type 2 diabetes for those who qualify. The program also focuses on healthier eating, increased physical activity, stress reduction, and managing overall lifestyle changes.>



Comprehensive benefits and support.

One complete package for a wide range of needs.

92%

of employers agree digital capabilities are important in helping employees make informed healthcare choices.*

* <Anthem> Competitive Intelligence 10th Annual Workplace Benefits Study, 2021.

Our goal is to create awareness that drives engagement, ultimately leading to improved outcomes.

Creating awareness

Using powerful data and artificial intelligence (AI), we can identify employees' health risks earlier and connect them to the right care. Our advanced digital tools offer customized support and a personalized health dashboard.

Driving engagement

Wellbeing Solutions gives your employees the tools, resources, and positive reinforcement to stay on track with their goals. This can help them engage in their care decisions and encourage a greater investment in their health and well-being.

Improving outcomes

By giving your employees a holistic well-being experience, they have the support they need to make ongoing long-term health changes. This may lead to higher workforce productivity, better health outcomes, and significant cost-of-care savings.

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Mental and physical well-being

Help your employees develop healthier behaviors

Creating better habits is key to improving long-term well-being. Our programs and incentives can help motivate your employees to establish and maintain a healthier lifestyle by supporting both their physical and mental well-being.

Emotional Well-being Resources

Powered by Learn to Live, Emotional Wellbeing Resources supports over 6 million U.S. users through its digital Cognitive Behavioral Therapy (CBT) programs and coaching services.

Employees can access their comprehensive clinical assessment as well as five online programs targeting specific mental health concerns.

- Digital emotional support resources are available anywhere, anytime
- The programs include effective ways to manage stress, depression, anxiety, substance use, and sleep issues.
- Experienced coaches provide support and encouragement via email, text, or phone

<Health assessment

Employees can use this online survey tool to understand their current health status. Answers are analyzed and compiled into a personal report, with specific tips and recommendations to help them make positive changes.>

25% of adults report improving their mental health as a yearly goal*

* American Psychiatric Association, *One in Four Americans Plans a Mental Health New Year's Resolution for 2022* (accessed June 2022); psychiatry.org.

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

Employee Assistance Program

When your employees are faced with personal, monetary, legal, or family challenges, the Employee Assistance Program (EAP) can help through a variety of support resources.

Counseling service

- Access to a fixed number of counseling visits, either virtual or in person
- Help finding local providers and resources
- Telephonic or online EAP support

Legal consultations

- 30-minute phone or in-person meeting
- Discounted fees to retain an attorney
- Online resources, including no-cost legal forms, seminars, and articles

Financial consultations

- Phone meetings with qualified financial professionals
- Consultations during regular business hours — no time limits or appointments needed
- Online resources, including articles, calculators, and budgeting tools

Identification recovery

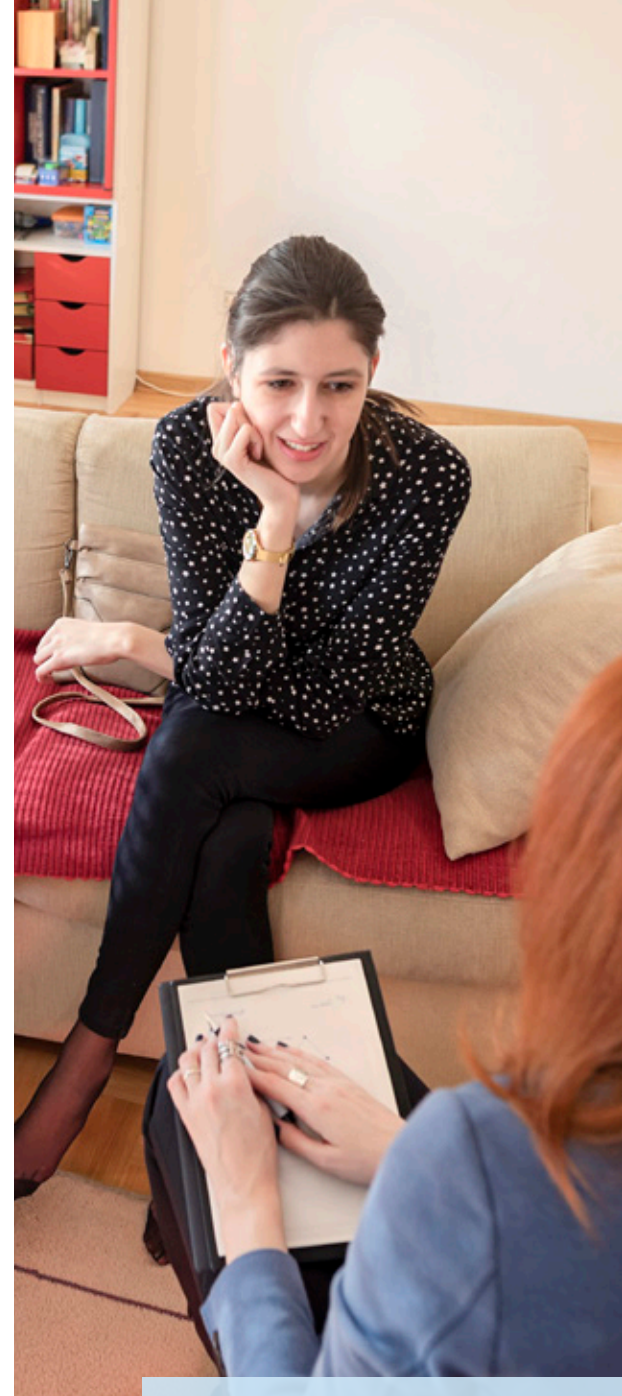
- Theft-risk identification checked by specialists
- Reporting help with consumer credit agencies
- Paperwork assistance and credit negotiations

Dependent care and daily-living resources

- Information on child care, adoption, summer camps, college placement, elder care, and assisted living
- Resources to help with everyday needs, like pet sitting or relocation resources

Other [anthemeap.com](https://www.anthemeap.com) resources

- Well-being articles, podcasts, and monthly webinars
- Self-assessment tools for depression, anxiety, relationships, alcohol use, and eating habits
- Resources to support crisis-related needs



Employees and members of their household have access to EAP resources

24/7



MyHealth Advantage

MyHealth Advantage is a proactive outreach program designed to improve safety, quality, and care coordination through personalized messaging about opportunities to:

- Take specific actions to improve health outcomes.
- Optimize healthcare spending.
- Avoid drug interactions or other critical health issues.

We continuously analyze medical claims, pharmacy claims, and available lab results to identify opportunities for cost savings or health improvements.

When opportunities are identified, employees receive either a personalized *MyHealth Note* mailer or message through SydneySM Health. Each outreach outlines opportunities and action steps, such as a reminder about a missed routine exam or the availability of a cost-saving generic drug. If a health issue is identified, the employee's doctor is also alerted.

Employees may access a convenient toll-free number for questions. Providers can also talk to our nurses and pharmacists about the information an employee receives in their *MyHealth Note*.

This personalized outreach and guidance can help improve health outcomes, lower healthcare costs, and help employees feel confident and supported in their healthcare.



Gym reimbursement

Employees 18 and older can be reimbursed for their gym membership by making regular visits to a qualified fitness center and visiting 50 times per six months, earning them reimbursement of up to \$400 per year (\$200 twice a year).

Gym reimbursement is managed in two ways:

1. Employees track their workouts by recording visits to a traditional qualified fitness center and/or attending on-demand or streaming fitness classes. A completed *Fitness Center Visit Submission* form, proof of payment, and proof of visits are then mailed or emailed. The *Visit Submission* form is available on [anthem.com](https://www.anthem.com) and the SydneySM Health app. Email submissions should use the subject line "Gym Reimbursement Request."
2. Employees can enroll in the Active&Fit[®] program through [anthem.com](https://www.anthem.com) or the Sydney app. Once enrolled, employee visits will be tracked and reimbursement processed automatically.

Employees can be reimbursed for membership at any gym or fitness center that:

- Is open to the public.
- Has on-site staff (aside from class instructors) to attend to members and oversee operations.
- Offers regular cardiovascular, flexibility, and/or weight training programs.

Reimbursement is provided in partnership with the vendor American Specialty Health (ASH); ASH Fitness is a separate company that administers the Gym Reimbursement program on behalf of [Anthem Blue Cross and Blue Shield](https://www.anthem.com).



Well-being Coach Total

Well-being Coach is a flexible coaching solution for employees across the health spectrum. Whether it be help with weight-management efforts or tobacco cessation, employees have access to traditional and high-tech digital tools supporting healthier behaviors. The Well-being Coach program is accessible from the Sydney Health app.

- **Well-being Coach Telephonic** provides a personal lifestyle coach to identified at-risk employees for obesity or tobacco use-related conditions, based on medical and prescription claims or self-reported Health Risk Appraisal data. Health educators reach out through a phone call with an invitation to participate in personalized coaching.

Employees who want to quit using tobacco can leverage their coaches to consult with an <Anthem> pharmacist to discuss medications and nicotine replacement therapy options.¹ Pharmacists can then connect with the employee's doctor to request a prescription, if needed.

- **Well-being Coach Digital** is a personalized health coaching app combining predictive analytics and proven behavioral health techniques for all risk levels. Employees can receive support to maintain a healthier weight or quit tobacco, with additional support on topics like nutrition, activity, mindfulness, and sleep.

As employees interact with the app, its artificial intelligence (AI) capabilities learn their habits and behaviors to provide customized advice. It can even identify when they may be at risk for certain conditions or health events, in which case the app will offer to transfer the employee to a live coach for additional support.



Well-being Coach Digital

Well-being Coach Digital is powered by the Lark platform and accessible to employees via Sydney Health.

Lark has helped nearly **41%** of its users achieve at least a **3%** weight loss after **36 weeks**, with nearly **26%** achieving at least a **5%** weight loss.²

¹ Available to members of Affordable Care Act-compliant plans. Member cost shares may apply.

² Lark internal data, 2021.

Encouraging preventive care

Routine care can help your employees identify issues before they become more serious and costly. That's why all plans cover these services at 100% when employees use a doctor, clinic, or pharmacy in their plan.



Annual wellness exams



Health screenings



Vaccinations



Flu shots

<Rewards for healthy habits

Our health rewards program lets an employee and a covered partner earn rewards for participating in wellness programs. Using the SydneySM Health app or <website>, employees can request digital gift cards from retailers, including Mastercard[®], Amazon, and Target[®].

Rewards must be redeemed before the end of the current plan year. Balances reset to zero at the beginning of the new plan year. To view activity completion status, go to *My Health Dashboard* and select **My Rewards**. To redeem available rewards, go to *My Health Dashboard* and select **Redeem Rewards**.>



<Ways to earn rewards*

Adult wellness annual exam or well-woman exam in first 90 days of the plan year (1x a year):	\$25
Flu shot (1x a year):	\$20
Screening mammogram (1x a year):	\$25
Colorectal cancer screening (1x a year):	\$25
Eye exam (1x a year):	\$25
Cholesterol exam (1x a year):	\$20
Health assessment (1x a year):	\$20
Update contact information (1x a year):	\$10
Login – web or mobile (1x a year):	\$5
Connecting tracking device (1x a year):	\$5
Steps tracking (at every 50K = \$2; max 30x a year):	\$60
Action plans (\$5 each; max 5x a year):	\$25
ConditionCare (1x a year):	\$50
Future Moms (1x a year):	\$40
Well-being Coach Digital (daily mission check-ins):	\$20
Well-being Coach Telephonic – Weight achieve goal (1x a year):	\$25
Well-being Coach Telephonic – Tobacco achieve goal (1x a year):	\$25

* Rewards are processed after employee receives annual preventive wellness exam and flu shot, and provider submits claims to <Anthem>.>

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Screening mammogram (1x a year):	\$50
Colorectal cancer screening (1x a year):	\$50
Skin cancer exam (1x a year):	\$50
Eye exam (1x a year):	\$50
Cholesterol exam (1x a year):	\$40
Health assessment (1x a year):	\$40
Update contact information (1x a year):	\$20
Login – web or mobile (1x a year):	\$10
Connecting tracking device (1x a year):	\$10
Steps tracking (at every 50K = \$4; max 30x a year):	\$120
Action plans (\$10 each; max 5x a year):	\$50
ConditionCare (1x a year):	\$100
Future Moms (1x a year):	\$80
Well-being Coach Digital (daily mission check-ins):	\$40
Well-being Coach Telephonic – Weight achieve goal (1x a year):	\$50
Well-being Coach Telephonic – Tobacco achieve goal (1x a year):	\$50
Download a member ID card (1x a year):	\$10
Use Find Care (1x a year):	\$10

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If this is Legacy/foundational with incentives:

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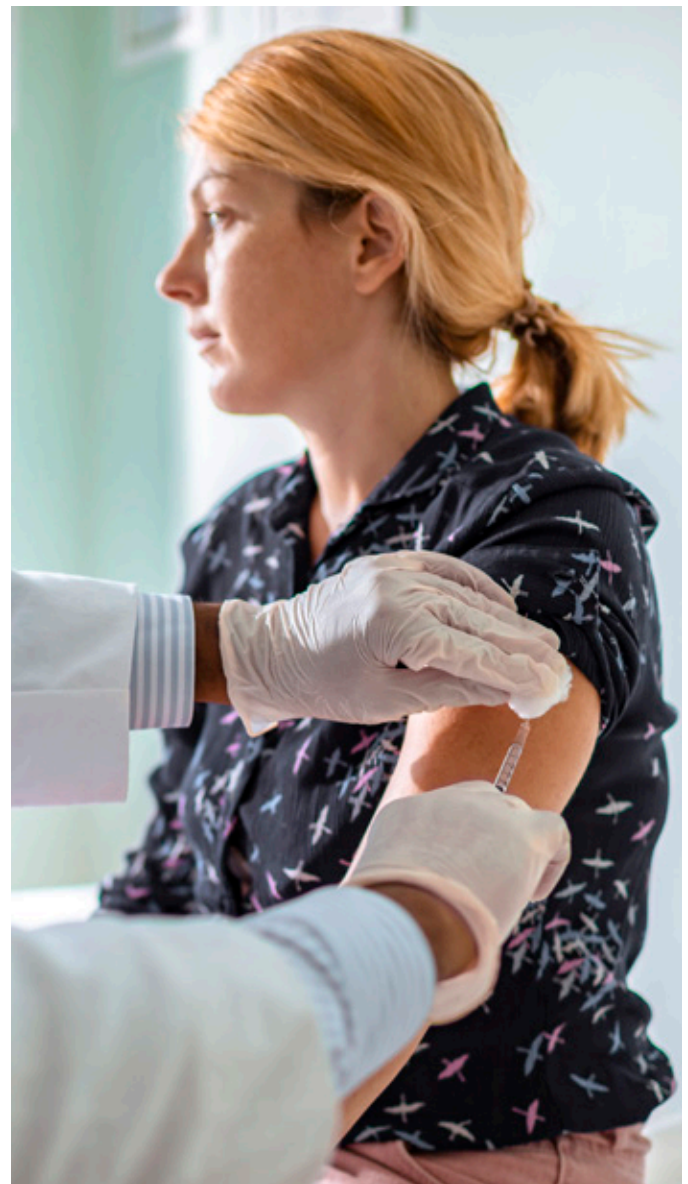
<Ways to earn rewards¹

Annual wellness exam (\$50) and annual flu shot (\$50)	\$100
Update contact information (\$25) and login on web or mobile (\$25)	\$50
Health assessment completion	\$50



Preventive care screenings reduce the risk of disease, illness, and expensive procedures, yet many don't get the care they need.

People may skip preventive care due to cost, lack of transportation, living too far from a doctor, or being unaware about the importance of screenings.²



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² Healthy People 2030: Preventive Care Overview and Objectives (accessed March 2022): health.gov.>

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Well-Being Perks rewards employees for healthy choices

Employees can earn up to \$350 in rewards, or \$700 per family, by completing certain health steps.

All preventive care, including wellness exams, flu shots, and dental exams, is covered 100% by <Anthem Blue Cross and Blue Shield>.

<Ways to earn rewards>¹

Preventive wellness exam and annual flu shot	\$200
Health assessment and tobacco-free certification	\$100
Dental exam	\$50



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Encouraging preventive care

If you are looking for ways to improve your health, your health plan benefits can help. You have access to a variety of programs and technology that can help you reach new goals, including:



24/7 NurseLine: Registered nurses are available anytime to advise you on health issues and help you find the care you need.



Future Moms: Nurses help individuals who are pregnant follow a plan of care, identify risks, make healthier decisions, and prepare for delivery. The program also offers breastfeeding support through LiveHealth Online using private and secure video from a mobile device or computer.



MyHealth Advantage: Our team can identify gaps or risks in your care and send you a confidential *MyHealth Note* with actions you can take for better health and lower healthcare costs.



ConditionCare: If you're dealing with a chronic condition like asthma or diabetes, you'll get one-on-one professional help managing your health and reaching your health goals.



Case Management: Backed by a team of doctors, pharmacists, and exercise physiologists, our case managers can help you better manage complex health issues and navigate the healthcare system.



SydneySM Health: Our mobile app connects all of your benefits with health and wellness resources to give you both health plan details and care recommendations. Sydney Health can send you reminders about preventive checkups and tests, information on how to find a doctor using quality and cost information, and health tips based on your unique medical history.



Condition management

Supporting employees with ongoing health issues

These programs can help employees learn to manage difficult and costly chronic conditions more successfully.

ConditionCare

Support is available for employees with diabetes, asthma, heart failure, coronary artery disease, or chronic obstructive pulmonary disease (COPD).

A team of experts will help employees manage their condition to enhance their quality of life and reach their health goals. Nurses, dietitians, and other health professionals are available 24/7 to answer questions and help with care needs, including:

- Scheduling doctor visits.
- Tracking health changes.
- Explaining medical treatments.
- Organizing healthcare items like medicine and medical equipment.
- Finding helpful resources and information.

At-risk employees will receive proactive outreach, but may also self-enroll by calling the Member Services number on their ID card.

Transformative results and savings*

ConditionCare saved \$12 per member per month (PMPM). That's 1% in medical costs among high-risk members.

Savings were driven by lower costs:

- Inpatient medical:
\$7 PMPM (3%)
- Emergency room:
\$8 PMPM (8%)
- Generic drugs:
\$1 PMPM (1%)

Employees saved on medical costs as well:

- Asthma:
\$12 PMPM (2%)
- Coronary artery disease:
\$22 PMPM (3%)
- Congestive heart failure:
\$81 PMPM (6%)
- Diabetes:
\$17 PMPM (2%)

* <Anthem> Clinical Satisfaction Study, 2019.



Condition management

Helping employees improve back pain with Back Pain Guide

This program helps employees with significant back pain-related needs and challenges, including chronic back pain. Using advanced analytics, teams will outreach to employees who would be a good fit for the program and offer valued support through meaningful interactions.

Interactions are led by care navigators who will coach employees through pain-related challenges and help them find the best care for their condition. Additionally, employees may participate in a virtual physical therapy platform providing targeted exercises and a personalized coach who will reach out regularly to gauge progress.



Future Moms with Lactation Support

Our Future Moms program helps expecting moms have healthier pregnancies and safer deliveries.

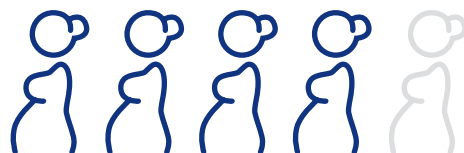
Participants are provided with education and coaching from registered nurses specializing in maternity care, along with tools and resources to support them during and after their pregnancies. This program can help reduce hospital stays, medical costs, and potential neonatal intensive care unit (NICU) admissions.

When the baby arrives, LiveHealth Online offers no-cost virtual visits with a lactation consultant, counselor, or registered dietitian. Private and secure video visits are available using a mobile device or computer with a camera. New parents can learn about different types of feeding, nutrition while breastfeeding, introducing solid foods, weight loss after delivery, and stress management.

LiveHealth Online with lactation support is available for up to 12 months after the baby is born.

How it works

1. When an employee pregnancy is identified, they'll receive an invitation to enroll in Future Moms. They can also self-enroll by calling the Member Services number on their ID card.
2. During enrollment, a maternity nurse will ask questions and address any concerns, working to create a care plan and establish routine check-ins throughout the pregnancy.
3. After the birth, the maternity team will follow up to assess the employee's emotional health, along with giving support and guidance on infant care and safety for up to six weeks.



More than 4 out of 5 members agree

Future Moms helped them make healthy decisions regarding their pregnancy.*

* <Anthem> internal data, 2020.

NICU Case Management

If your employee has a child admitted to the neonatal intensive care unit (NICU), a NICU utilization reviewer and NICU case manager will provide care coordination services to ensure the infant receives quality, cost-effective NICU care.

The NICU Case Management program helps with:

- Babies born at or before 34 weeks' gestation, or who weigh 1,200 grams or less at birth and have complex needs.
- Complex genetic or medical conditions requiring multispecialty follow-up or surgery post-discharge.
- Complex home health needs, durable medical equipment, and/or private-duty nursing needs post-discharge.
- Failure to thrive, neonatal abstinence syndrome, or infants on medication post-discharge.
- Support for teen mothers under 18 years of age.
- Other specific situations, at the discretion of a medical director or nurse.

After reviewing medical records, clinical guidelines, and assessment information, a nurse case manager develops an individualized care plan, including:

- Prioritized goals.
- A time frame for reevaluation.
- Available resources, including appropriate levels of care.
- Planning for continuity and transitions of care.
- Collaborative support, including family participation.

This proactive approach can help the family feel confident and prepared when their baby goes home.



Future Moms Digital Maternity and Lactation Support

Participants are provided with education and coaching from registered nurses specializing in maternity care, along with tools and resources to support them during and after their pregnancies — including a convenient mobile app for digital support anytime, anywhere. This program can help reduce hospital stays, medical costs, and potential neonatal intensive care unit (NICU) admissions.

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Employees can register at anthem.com/ca. They can also download the My Advocate Helps™ app or go to myadvocatehelps.com.

How it works

1. When an employee pregnancy is identified, they'll receive an invitation to enroll in Future Moms. They can also self-enroll by calling the Member Services number on their ID card.
2. During enrollment, a maternity nurse will ask questions and address any concerns, working to create a care plan and establish routine check-ins throughout the pregnancy.
3. Through the program's app, powered by My Advocate®, the employee enjoys:
 - Digital communications and check-ins to monitor their pregnancy.
 - Customizable to-do lists, pregnancy calendars, and a baby kick-counter.
 - A chat feature to ask questions by smartphone or other device.
4. After the birth, the maternity team will follow up to assess the employee's emotional health, along with giving support and guidance on infant care and safety for up to six weeks.



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*Anthem internal data, 2020.

Condition management

Autism Spectrum Disorder program (ASD) with Applied Behavior Analysis

Employees with autism, or who are caring for dependents on the autism spectrum, can work with our Autism Spectrum Disorder team for whole-family support.

The ASD program team helps:

- Strengthen the family unit.
- Connect employees to healthcare resources.
- Make the most of the family's health benefits.
- Give families encouragement to overcome obstacles.
- Provide support to reach lifestyle and health goals.

ASD case managers and highly trained clinicians will help families seek the right care in order to:

- Navigate the healthcare system.
- Address their unique challenges.
- Build a custom care plan for their child.
- Find available services and support resources.
- Link their child's treatment providers together for better collaboration.

Employees can call the number on their ID card to enroll, or a Member Services representative can provide a referral.

67.1%

of mothers of children with autism suffer from depressive symptoms and anxiety, resulting from caregiver stress, a study found.*

* Autism Parenting Magazine, *Autism Statistics You Need To Know in 2022* (accessed May 2022), autismparentingmagazine.com.



Medical and behavioral health case management

Support following serious or sudden illnesses

After a hospitalization or serious or sudden illness, we provide telephonic nursing support to help your employees make the most of their medical benefits. Case management teams will arrange post-discharge care and services related to community health, cancer, NICU, and transplant needs.

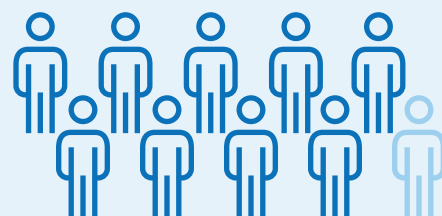
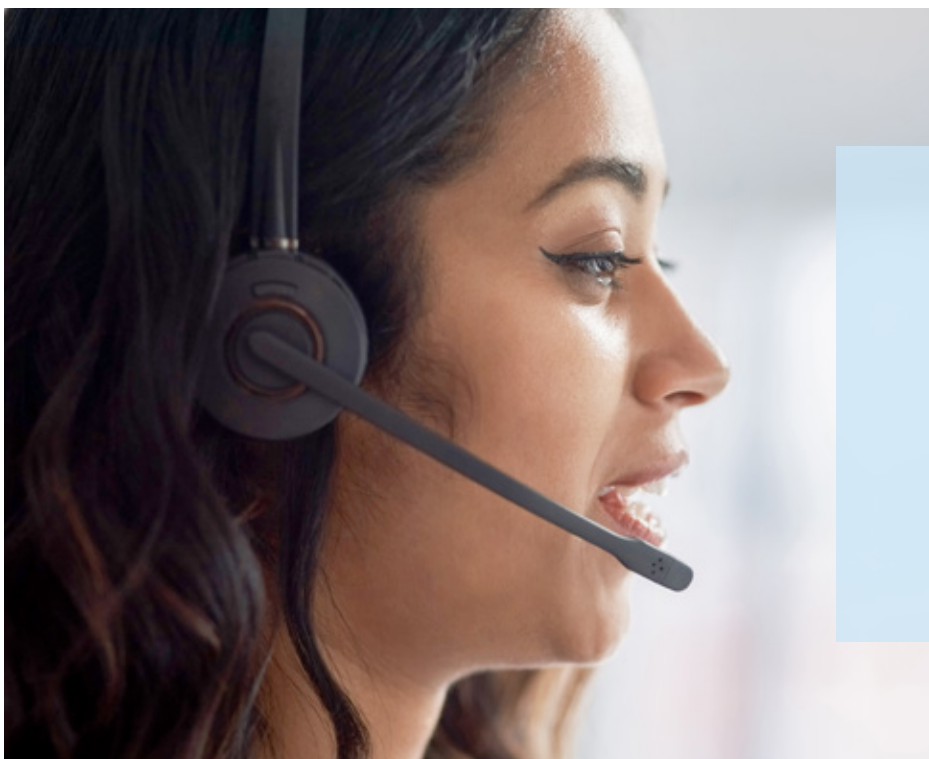
A team of doctors, nurses, pharmacists, dietitians, mental health clinicians, and trained staff work to identify, coach, and educate the most critically ill employees.

This coaching ensures employees receive the right care, reduces the possibility of future health events and readmissions, and paves the way for a successful return to work.

Following a diagnosis or hospitalization, case managers reach out directly to employees to:

- Learn more about their health issue and treatment options.
- Make sure their doctors and care teams are working together effectively.
- Understand their health plan better, so they can make the most of it.
- Connect with resources in their area, like home care services and community health programs.
- Make healthy lifestyle changes.

Case managers will stay in contact through regular follow-ups and automated phone messages. If needed, a health professional will be sent to the employee's home to coordinate care or community resources, or to help them transition from a hospital stay.¹



Nearly 9 out of 10 employees who use this service say they're "very satisfied" and would recommend it.²

¹ Not available in all markets. Varies by geographic area and health plan.

² Clinical Satisfaction Study: Case Management, 2019.



Transplant Case Management

Employees in need of a solid organ transplant, bone marrow transplant, specialized immunotherapies, and gene replacement therapies are eligible for end-to-end case management by a team of specialized nurse case managers. Transplant case managers work closely with facility transplant coordinators around the country to ensure employee concerns are addressed and claims are paid properly.

Employees who are preapproved for a solid organ transplant, but waiting, can take part in the Pre-Transplant Support Program. Employees who are waiting for a bone marrow transplant or immunotherapies, as well as those who have already had a solid organ transplant, can take part in general Transplant Case Management.

Utilization management for medical and behavioral health

Utilization review ensures employees receive the right care services, and that those services match clinical best practice guidelines. It also means ensuring services are delivered in the best location for an employee's needs.



Sydney Health is your employees' digital connection to their health plan.

Making informed healthcare decisions

Expanding access to resources and support

The SydneySM Health app

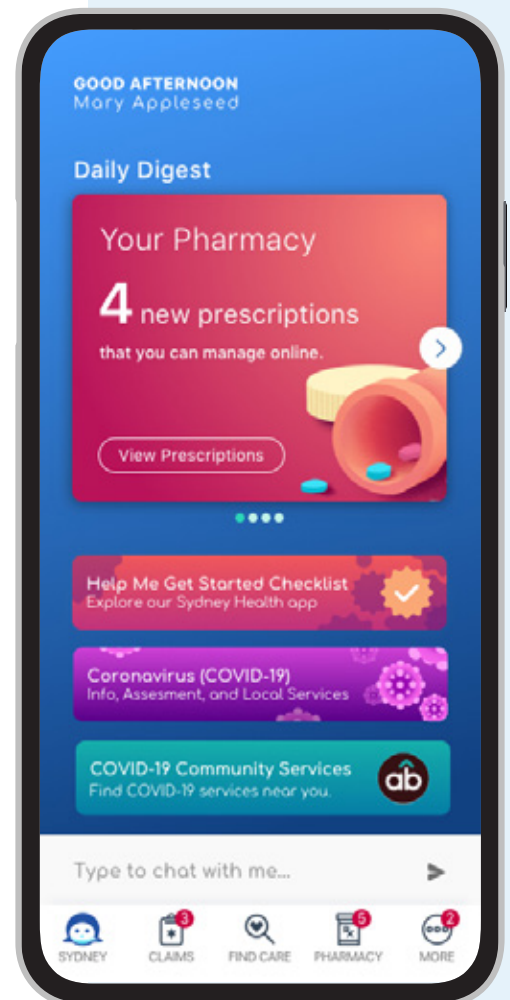
Your employees have access to a fully integrated digital platform offering a mobile care experience and helpful health plan resources.

Using innovative technology and artificial intelligence, Sydney provides personalized interactions based on individual behaviors and preferences. Employees can find the best care for their needs using options like virtual care visits, online chat, or communication with live care teams and advocates.

The Sydney app can even send details from virtual care visits to an employee's primary care provider, helping to further integrate their healthcare information. Employees can also view benefits and claims, access their digital ID card, or engage with wellness tools and workplace incentive programs — all in one place.

Live Chat

Whether your employees have questions about a claim or need guidance on a health issue, <Anthem>'s Live Chat tool makes it simpler to find help when they need it. Live Chat is available through the Sydney Health app and on <anthem.com>. Representatives can answer questions via text in real time, or direct employees to programs for support, if needed.



Directing your employees to the right care

24/7 NurseLine

With 24/7 NurseLine, employees have round-the-clock access to registered nurses. From tips on allergy relief to choosing between the emergency room and urgent care, nurses are ready to help employees with the best treatment option.

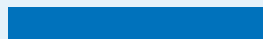
Qualified registered nurses can also:

- Help employees find providers and specialists in their area.
- Give referrals to LiveHealth Online for live video chats with board-certified doctors using a smartphone, tablet, or computer with a camera.
- Enroll employees in care management programs for certain health conditions.
- Help employees decide where to go for care when their doctor isn't available.
- Provide guidance during natural catastrophes and health outbreaks.
- Offer links to health-related educational videos or audio topics.

24/7 NurseLine is connected with <Anthem>'s other well-being programs, so your employees have access to the best resources for the best health results.



24/7 NurseLine helps employees choose the right type of care, saving them potential costs and health problems.



Of those who called the line seeking guidance:*

82% said 24/7 NurseLine was a trusted source.

57% said the information provided by the nurse helped them avoid missing school or work.

67% said the information they received helped improve communication about their health concerns with their doctor.

* <Anthem> Annual Clinical Satisfaction Report: 24/7 NurseLine, 2020.



Clinical and care reviews

Your employees can make better care decisions when they have good information to work from.

Our review programs help guide your employees to safe and medically appropriate care using evidence-based clinical guidelines to review services and procedures. This review can help your employees have confidence in their healthcare recommendations, knowing they aren't receiving more tests and procedures than medically necessary.

Programs include:

- **Clinical reviews** to promote services that are safe and medically appropriate, and reduce unnecessary procedures.
- **Site-of-care reviews** to reduce use of higher-cost locations and offer alternatives without losing quality or safety.

<Anthem> Health Guide

<Anthem> Health Guides are our concierge customer care team.

Each Health Guide is a qualified professional with an extensive customer service background, trained to provide a seamless and integrated employee experience.

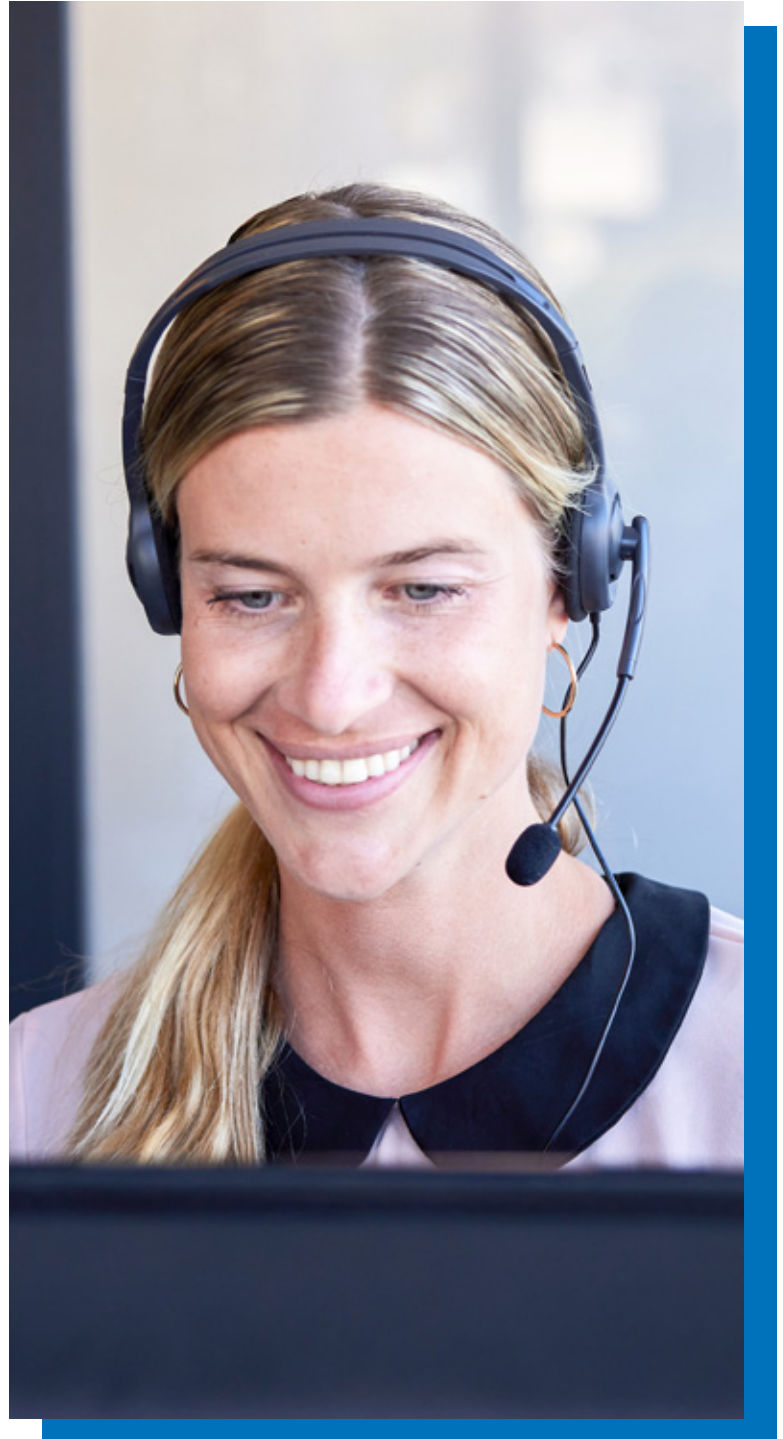
Health Guides can see a full picture of an employee's health and are available to support with needs from claims questions to care management referrals. They can also proactively support your employees. Over 300 smart alerts prompt Health Guides to take action for each employee, helping close care gaps, reduce costs, and boost their health.

Alerts include:

- **Urgent clinical alerts** like medical care gaps or behavioral health needs.
- **Health improvement alerts** such as preventive care gaps.
- **Service alerts** to help employees save money on prescriptions, help them find a primary care doctor, or update their language preferences — even happy birthday alerts when an employee is close to their special day.

Using our **Recommended Match tool**, Health Guides can also connect employees with a doctor who meets their unique needs. Health Guides can even schedule appointments for the employee with their selected doctor.

Additionally, Health Guides can **promote seamless referrals to clinical team members** to create customized care plans for your employees.



<Anthem> Health
Guide has earned a

93%

satisfaction rating*

* <Anthem> Clinical Satisfaction Study, 2019.







We want the best for you and your employees.

As your partner in health, we are committed to the well-being of your workforce. Together, we can help your employees feel covered, protected, and confident in their care while delivering measurable cost savings and transformative change for your business.



<Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of <Anthem Blue Cross and Blue Shield> ©2020-2022.>

<LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of <Anthem Blue Cross and Blue Shield>.>

<Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by Compcare Health Services Insurance Corporation (Compcare) or Wisconsin Collaborative Insurance Corporation (WCIC). Compcare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.>

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