



Thrive365

# Focus on your whole health with Anthem

With your Anthem health plan, you have access to benefits and care to help you and your family take steps toward healthy your way. We're one of the largest health plans in America,\* and part of the Blue Cross Blue Shield Association. You can count on us to be here to support your health and well-being.



**77 years** of support and expertise\*

**118 million** people served\*

**1.7 million** doctors and hospitals in our plans' networks\*

## Feel supported, covered, and confident in your care

You have access to your plan's network of quality care professionals and facilities that accept your health coverage. These care providers have agreed to accept lower rates for the services they provide to people with an Anthem plan. Choosing doctors and other care providers in your plan's network helps lower your costs. When you receive preventive care from a doctor in your plan's network, it'll be covered at 100%.

Healthcare professionals in your plan's network are also called in-network, participating, or preferred providers. They include:

- Doctors
- Specialists
- Labs
- Hospitals
- Urgent care centers

To find care in your plan's network, visit [anthem.com/basspro](https://anthem.com/basspro).

## A caring team to help guide you

Healthcare can seem complicated at times, and to help you make the most of your benefits, you have the support of an Anthem Health Guide. These guides provide concierge service for your health and healthcare.

Health Guides are available to help you:

- Find quality doctors, specialists, and care facilities in your health plan's network.
- Stay on top of preventive care and connect you with resources to help you better manage your health.
- Know and understand your benefits.
- Find in-person or virtual care or schedule appointments for you.

To reach an Anthem Health Guide, call **833-963-1175**.

## Connect with your health plan, no matter where you are

With the Sydney<sup>SM</sup> Health app, you can connect to everything you need to know about your Anthem benefits — personalized and all in one place. Sydney Health makes it easier to keep things organized, so you can spend more time focused on your health.

With a few taps on the app, you can access plan details, Member Services, virtual care, and wellness resources.

## Download the app

Open the App Store<sup>®</sup> or Google Play<sup>™</sup> app on your smartphone or tablet and search for Sydney Health.

## Finding care providers you trust is important.

**If you have questions about your benefits and care providers in your plan's network, visit [anthem.com/basspro](https://anthem.com/basspro).**

\*Blue Cross Blue Shield Association website, *The Blue Cross Blue Shield System* (accessed September 2022) bcbs.com.

Sydney Health is offered through an arrangement with Caelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022

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.

In Missouri (excluding the 30 counties in the Kansas City area), Anthem Blue Cross and Blue Shield is the trade name of RightCHOICE<sup>®</sup> Managed Care, Inc. (RIT), Healthy Alliance<sup>®</sup> Life Insurance Company (HALIC), Anthem Insurance Companies, Inc. (AICI), 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. Plans A, G & N are offered by HALIC. Plan F is offered by AICI. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc.