

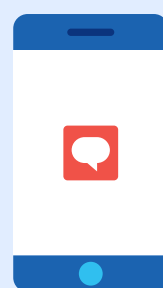
Make time for more personalized care

Get support from your Family Advocate



Your Family Advocate is your own health champion ready to assist you with personalized advice and guidance, such as:

- Finding and scheduling visits with quality care providers in your plan's network.
- Staying on top of preventive care needs and managing chronic conditions.
- Connecting with Anthem's clinical specialists to create a customized care plan.
- Getting preapproval quickly for urgent medical needs, like surgery.
- Understanding your health plan and benefits.



Contact your Family Advocate today

Your Family Advocate is waiting to hear from you. To chat with them, download or log in to the **SydneySM Health** app. Then select **Care** and go to **Care Team**. You can also scan the QR code with your phone's camera.



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 California Anthem Blue Cross is the tradename of Blue Cross of California, Inc. Also serving California: Anthem Blue Cross Life and Health Insurance Company. In 11 northeastern counties of New York Anthem Blue Cross is the tradename of Anthem Healthchoice Assurance, Inc., and Anthem Healthchoice HMO, Inc., and Anthem Blue Cross HP is the tradename of Anthem HP, LLC. Independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

1072569MUMENABC VPOD 07/24