



Receive virtual care and support

through our Sydney Health app

When you aren't feeling your best—physically, mentally, or emotionally—or you need guidance managing a health condition, help is available. You can connect to the care you need using the **SydneySM Health** app. You can have a video visit with a doctor 24/7 for common health issues and annual wellness visits. Care for mental and emotional health is available by appointment.¹ Plus, Sydney Health is your avenue to specialized programs designed to help you improve your habits and your health.



Visit with a doctor for common medical concerns

Doctors are available anytime, with no long wait times and no appointments needed. They can help you with health issues, such as a cold or the flu, allergies, sore throat, migraines, or skin rashes. During your private and secure video visit, the doctor will assess your condition, provide a treatment plan, and send prescriptions to the pharmacy of your choice, if needed.³



Receive care for your behavioral health

If you're feeling anxious or depressed, or having trouble coping, you can set up a video visit with a therapist, psychologist, or psychiatrist.⁴ Appointments can be scheduled within one to two weeks.¹ Psychiatrists help manage medications; they do not provide counseling or talk therapy.⁵

What people say about virtual care visits²

92%

were able to book a virtual visit sooner than an in-person visit

89%

said the doctor they saw was professional and helpful

92%

thought the doctor understood their concerns

How to download the Sydney Health app:

Scan the QR code with your phone's camera.





Use Sydney Health to:



Help manage your blood pressure

Our Healthy Blood Pressure program connects you with a health coach, doctor, and therapist to help you reach your blood pressure goals through virtual visits. The program also includes a free, smart blood-pressure cuff mailed directly to your home. Of those in the program, 71% indicated that the health coach had an impact on how they manage their blood pressure.⁸



Help you avoid diabetes

Our Prevent Diabetes program combines the latest in telehealth technology, biometric data, and artificial intelligence to provide you with a personalized behavior-change experience. If you qualify, you will work with a health coach to achieve your health goals and help you prevent diabetes.



Work toward a healthy weight

Our Healthy Weight program connects you with a health coach, doctor, and therapist through virtual visits to help you reach your weight-loss goals. The program also includes a free smart scale mailed directly to your home. Eighty-five percent of those in the program changed their eating or exercise habits since starting.⁸

Here's how to access the program through virtual care:

Download the Sydney Health app.

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for the app and [anthem.com/ca](https://www.anthem.com/ca).
3. Select **Care** and then select **Video Visit**.

Visit [anthem.com/ca](https://www.anthem.com/ca).

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for [anthem.com/ca](https://www.anthem.com/ca) and the Sydney Health app.
3. Select **Care** and then select **Virtual Care**.

¹ Appointments subject to availability.

² Source: Anthem internal data, cost-of-care saving analysis, June 2025.

³ Source: Amwell internal provider rating data, January 2024 to present.

⁴ Source: LiveHealth Online post-survey results, Behavioral Health, Virtual Primary Care, 2024.

⁵ The doctor will determine what medications should be prescribed or refilled.

⁶ Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide and Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. Emergency services are not provided through virtual care on the Sydney Health app or [anthem.com/ca](https://www.anthem.com/ca).

⁷ Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed through virtual care on the Sydney Health app or [anthem.com/ca](https://www.anthem.com/ca).

⁸ Anthem internal data, 2020.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Sydney Health is offered through an arrangement with Cerebral 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 provider in your plan's network. If you receive care from a doctor or healthcare provider 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.

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.