



Anthem



Building Healthy Families

Personalized support for every family

Every family is unique and grows in its own way. Anthem's Building Healthy Families program can help your family grow strong whether you're trying to conceive, expecting a child, or in the thick of raising young children.

This program provides extensive tools and personalized information at no added cost to you through a convenient, digital hub on the **SydneySM Health** app.

Benefits to help you thrive

- One-on-one pregnancy support
- Interactive health trackers
- 24/7 access
- Personalized content



Support tailored to you

When you enroll in the program, you can count on personalized support at every stage, from family planning and pregnancy through the toddler years. There's also tailored information for family stories that include adoption, surrogacy, and single parenthood. Depending on your situation, you'll have unlimited access to:

Digital tools and resources

- Log feedings, diaper changes, and developmental milestones.
- Get updates on baby's development during pregnancy.
- Track ovulation.
- Monitor prenatal health risks like blood pressure and weight.

Health and wellness expertise

- Explore a digital library with thousands of educational articles and videos on a variety of family-building topics.
- Chat with a Family Care Coach in the app for help with general pregnancy questions.
- Connect with a maternity nurse and virtual lactation support as needed during pregnancy and postpartum.

Building Healthy Families can help you nurture your family's health and tackle every stage of growth with confidence.



Your Family Advocate is here to help

For questions about this program or other benefits, contact your Total Health Connections Family Advocate by logging in to the Sydney Health app or **anthem.com**. Under your Action Items, select Connect with your Family Advocate.



Join Building Healthy Families

To get started, scan this QR code with your phone's camera or log in to your account on **anthem.com**.

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

Carelon Health, Inc. is a separate company providing care management 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 Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, 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 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their 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 and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.