

Wellbeing Solutions



Focus on your well-being and earn rewards up to \$700

The more activities you complete, the greater your reward

The Wellbeing Solutions program connects you with easy-to-use digital health and wellness tools that can help you stay your best. When you complete any of the activities listed below sponsored by your employer, you'll earn rewards to put toward electronic gift cards for select retailers. You choose the activities you'd like to complete to receive the maximum of \$700.

Activity Type	Activities	Amount
 Preventive care	Have an annual preventive wellness exam or well-woman exam with your doctor	\$35
	Get an annual cholesterol test men 35 years and older, women 40 years and older, or upon medical recommendation, with a full cholesterol (lipid) panel.	\$30
	Have a colorectal cancer screening (ages 45 and older, or upon medical recommendation)	\$35
	Have a routine mammogram (women ages 40 to 74, or upon medical recommendation)	\$35
	Get an annual flu shot	\$25
	Have an A1c lab test	\$30
	Have an annual eye exam ¹	\$35

Activity type	Activities	Amount
 Condition management programs	ConditionCare: Work one on one with your health coach and earn rewards for participating in and completing the program ²	\$225 (\$90 participation and \$135 for completion)
	Building Healthy Families: Support is available through the Sydney SM Health app wherever you are in your family planning process, such as trying to conceive or raising your toddler ³	\$125 (\$30, \$35, \$30, \$30)
	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward ⁴	\$60
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward ⁵	\$60
	Complete a diabetic foot exam ⁶	\$35
 Digital and wellness activities	Have diabetic lab tests ⁶	\$60
	Log in to your Sydney Health App or Anthem.com account	Up to \$60 (\$15/quarter)
	Connect a fitness or lifestyle device	\$5
	Complete a health assessment and receive tailored health recommendations	\$50
	Complete action plans around eating healthy, weight management, and physical activity	Up to \$100 (\$20 per action)
	Log your daily nutrition / calories	Up to \$60 (\$15/quarter)
	Track your steps	Up to \$120 (\$4 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins ⁷	Up to \$20 (\$4 per milestone)
	Update your contact information	\$40
	Use any Employee Assistance Program (EAP) service ⁸	\$5
	Participate in the Emotional Wellbeing Resources Program	\$5
	Select a Primary Care Physician (PCP) in Find Care within Sydney or Anthem.com	\$40

Well-being Coach can help you meet your goals

The Well-being Coach digital coaching app from Lark offers you 24/7 personalized support. Well-being Coach can help you maintain a healthy weight, quit tobacco, and improve your nutrition, exercise habits, mindfulness, and sleep. If you need extra support with weight management or quitting tobacco, talk to a certified health coach.

Access Well-being Coach in the Sydney Health app or at **anthem.com**.

Earn rewards

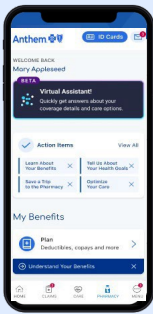
Here's how and when you'll earn rewards for completing the activities already mentioned.

Preventive care: Simply visit your doctor for any of the screenings or appointments listed in the chart. Your rewards are added to your account after your claim is processed, which may take up to 60 days.

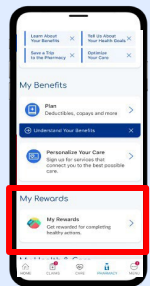
Condition management: Rewards are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions), Building Healthy Families, and Well-being Coach for weight management and tobacco cessation.

Digital and wellness activities: Log in to the Sydney Health app or **anthem.com** to complete available activities, such as taking a health assessment, participating in the Well-being Coach digital program, and tracking your steps. Rewards are added to your account as activities are completed.

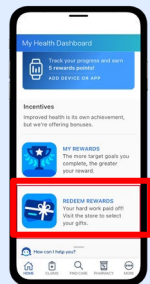
Use your rewards toward electronic gift cards for select retailers.



1 To view your rewards, open the Sydney Health home screen scroll down or go to **anthem.com**. go to **My Health Dashboard**. To see My Rewards and Redeem your rewards.



2 Scroll down on the home page and select **My Rewards** to see how much you've earned.



3 Select **Redeem Rewards** to apply your rewards toward electronic gift cards from popular retailers, including Amazon™, Uber®, Gap™ Options (all brands), Apple®, Target®, The Home Depot™, and TJ Maxx®. The minimum gift card amount is set by each individual retailer.

You have six months after your employer's current plan year ends to redeem reward dollars on electronic gift card(s) or the rewards will be forfeited.



Download the **Sydney Health** app by scanning this QR code with your phone's camera.



Do you have questions?

You can also call Member Services at the number on your ID card.

1 Annual eye exam reward is available if employer provides vision coverage through Anthem.

2 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion for 1 of 5 ConditionCare programs: (chronic obstructive pulmonary disease (COPD), coronary artery disease (CAD), asthma, diabetes, and congestive heart failure (CHF). Rewards include \$75 for program participation and \$100 for program completion.

3 Building Healthy Families milestone completion dates: BHF Pregnancy Screener must be completed in first trimester; at least 1 of 6 mini assessments must be completed by one day prior to delivery; postpartum assessment must be completed by 56 days after delivery. Building Healthy Families rewards include \$30 for profile completion, \$35 for a BHF Pregnancy Screener, \$30 for completing at least 1 of 6 mini assessments, \$30 for a postpartum assessment.

4 Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a body mass index (BMI) of 30 or higher.

5 Well-being Coach Tobacco Cessation program (telephonic) is available for members who are identified as high risk based on any tobacco usage.

6 Adult members must be diagnosed with diabetes to receive a reward for completing a diabetic foot exam and diabetic lab tests. Lab tests include LDL or Lipid test, Microalbumin and eGFR (estimated glomerular filtration rate) lab tests.

7 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values: first check-in: \$5; next 15 check-ins during first quarter: \$5; 25 check-ins during second through fourth quarters: \$5 each quarter. Log in to Sydney Health or anthem.com to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

8 Your employer must provide coverage for Anthem EAP to earn a reward for using EAP services.

We encourage you to actively participate in your rewards program. You have six months after your employer's current plan year ends, to redeem reward dollars on to electronic gift card(s) or the rewards will be forfeited. All preventive care activities are claims-based, which means your completion is determined when a claim is processed. Medical waivers apply to claim-based activities. A subscriber and spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations. Electronic gift card availability may vary. The list of retailers available for electronic gift card rewards redemption is subject to change. Log on to anthem.com or open the Sydney Health app to explore the electronic gift card options available to you.

Rewards for completed preventive care activities are issued under the medical plan that pays for the claim. Rewards for completed condition management activities are issued under the medical plan that pays for the condition management benefit. Digital and wellness activity rewards can be issued under multiple medical plans, if you have dual Anthem coverage.

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

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