



Relieve back and joint pain from the comfort of your home

Did you know your Anthem health plan includes virtual care visits with a physical therapist at no extra cost through the Healthy Back & Joints program? The therapist will meet with you online and design an educational program and exercise plan just for you. You will be shipped a specialized tablet and motion sensors to guide you through your exercises and provide real-time feedback to help you manage your back and joint health.



Physical therapists are available through video visits for these commonly treated areas:

- Back
- Neck
- Elbow
- Ankle
- Pelvic
- Shoulder
- Knee
- Hip
- Wrist

How to download our Sydney Health app:



Scan the QR code with your phone's camera or visit the App Store® or Google Play™.



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

Download our no-cost **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 our app and **anthem.com**.
3. Select **Care** and then select **Virtual Care**.

Visit **anthem.com**.

1. Register (if you haven't yet) and log in.
2. Once you register, your username and password are the same for **anthem.com** and our **Sydney Health** app.
3. From the **Care** tab, select **Virtual Care** in the drop down menu. Then, click **Video Visit Options**.



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.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2024 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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