

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
- Elbow
- Pelvic
- Knee
- Wrist

- Neck
- Ankle
- Shoulder
- Hip

How to download our Sydney Health app:









Scan the QR code with your phone's camera or visit the App Store $^{\otimes}$ or Google Play $^{\text{TM}}$.



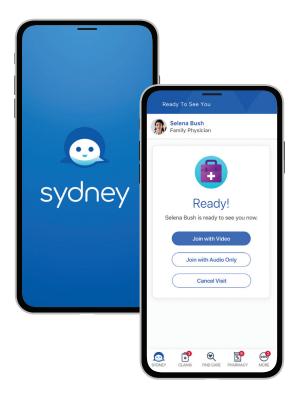
Here's how to access the program through virtual care:

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.
- Once you register, your username and password are the same for anthem.com and our Sydney Health app.
- 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.

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 Health Cap Hon of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky, Inc. Im Moine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): Right-CHOICE® Managed Care, Inc. (RIT), Health y Allacone Health Plans of Maine, Inc. In Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwritte benefits. In Newada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., abo HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire: Inc. HMO plans are administrative services do y Anthem Health Plans of New Hampshire, Inc. and underwritten by Motthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice Among Inc. In 17 southeastern counties of New York: Anthem Health Plans of New Hampshire, Inc. and underwritten by Motthew Thornton Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield of Wisconsin (Bus Shield, and its offiliate Health/Reepers, Inc. trades as Anthem Health Repers 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 Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Comparation (MCIC). Compare underwrites or administers HMO or POS policies, WCIC underwrites or administers Well Priority HMO or POS policies. In