



Virtual care opportunities

Drive down costs, close gaps in care

As care delivery changes, opportunities arise to reduce you and your employees' healthcare costs. Our SydneySM Health app is cutting-edge technology that expands access to virtual primary care at low or no-additional cost.

The virtual care options available today are game changers. They make it easier for your employees to focus on their overall health — not just urgent care needs.

When your employees download our Sydney Health app on their smartphone, they can receive:



Comprehensive primary care, coordinated by a care team.



Preventive care through wellness visits and lab screenings.



Urgent or sick care, 24/7.



A personalized care plan and follow-ups.



Unlimited access to care for common health concerns, as well as prescription refills and referrals.*

Giving your employees convenient and affordable access to healthcare and resources can help them feel more confident about their health and protected in their time of need.



95%

Virtual primary care doctors can diagnose and manage more than 95% of the health conditions a traditional primary care doctor can.

How to download our Sydney Health app:



1. Scan the QR code using the camera on your smartphone.
2. Make sure the QR code is inside the box on your screen.
3. Tap the pop-up notification that appears.



Virtual care options for your employees

 Check Symptoms, Chat with a Doctor, Check-ups and Ongoing Care through Sydney Health	 LiveHealth Online through Sydney Health	 24/7 NurseLine
Use for: Primary care - Wellness visit and other preventive care - Chronic condition management (diabetes, asthma, etc.) Urgent care for common health concerns - Bladder issues - Chickenpox - Cold and flu - Ear infections - Pink eye - Minor cuts - Seasonal allergies - Sinus infections - Skin conditions - Sore throat - Sprains - Stomach ailments Prescriptions Referrals for specialized care	Use for: Mental health - Anxiety - Depression Specialty care - Dermatology - Allergies - Sleep Urgent care for common health concerns - Bladder issues - Chickenpox - Cold and flu - Ear infections - Pink eye - Minor cuts - Seasonal allergies - Sinus infections - Skin conditions - Sore or strep throat - Sprains - Stomach ailments	Use for: - Urgent care questions - Deciding where to get care - Finding in-person locations for care nearby
How to access:  For primary care, preventive care, virtual annual wellness visits, and chronic condition management, set up an appointment through our Sydney Health app. From the homepage, select Check-ups and Ongoing Care. Hours for primary and preventive care: Monday through Friday, 9 a.m. to 9 p.m. ET Saturday and Sunday, 9 a.m. to 5 p.m. ET  For urgent or sick care, select Chat with a Doctor 24/7 or Check Symptoms. Hours for urgent or sick care: 24/7	How to access:  For mental health and specialty care, set up an appointment through our Sydney Health app. From the homepage, select Care, then Video Visit.  For urgent care, begin a session at any time through our Sydney Health app. From the homepage, select Care, then Video Visit. Hours for urgent care: 24/7	How to access: Call 800-337-4770 Hours: 24/7

* Your doctor will determine if a prescription is needed at time of visit.

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022. The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

Virtual annual preventive care (wellness) visits through the Sydney Health app are available starting September 2022.

Your virtual annual preventive care (wellness) visit is covered in full unless your employer has a limit or cap under your benefit plan. Eligible employees are those who have not yet had a wellness visit during the plan year, either virtual or in person, and their organization has chosen to offer the virtual primary care experience without a limit or cap under your benefit plan. If an employer group has a cap on the number of preventive care (wellness) visits and the employee has exceeded the cap but would like to have another wellness visit, they may be responsible for copays and other out-of-pocket costs for the visit. Employees should consult their benefit plan and/or contact Member Services if they have any questions.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional 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.

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Take care of your mental health



Your health plan helps with options for care and support

Your mental health deserves the same care as your physical health. That's why Anthem includes mental health, behavioral health and emotional well-being as a core part of all our health plans, with easier access to care. If you or a loved one need support coping with life, reducing stress, or treatment for a mental or behavioral health issue, your health plan is ready to help.

Here's how you and eligible individuals in your household can access the support or care you need:

Type of visit	Employee Assistance Program (EAP) Resources and services to help address a wide range of life's challenges, at work and at home. Can be face-to-face or virtual, with digital access to self-directed support.	Office visit Live, in-person sessions with a licensed professional.	Rula This service helps you find an available licensed health professional who meets your preferences and needs and is in your plan's network.	Sydney Health app View your benefits; find care; check costs; access your digital plan ID card; and connect to self-directed wellness resources, such as virtual coaching, for mental health.	Virtual care Access to care through chat and video; 24/7 customer service; and confidential counseling through live chat, online messaging, or scheduled virtual visits.
Helps with	• Depression • Stress and anxiety • Insomnia • Substance use • Grief and loss • Family and relationship issues • Legal and financial issues • Workplace issues • Child and elder care services	• Depression • Stress and anxiety • Insomnia • Substance use • Grief and loss • Family and relationship issues	• Depression • Stress and anxiety • Insomnia • Substance use • Grief and loss • Family and relationship issues	• Primary care • Urgent care • Care for chronic conditions • Symptom checker • Prescription refills	• Depression • Stress and anxiety • Insomnia • Substance use • Grief and loss • Family and relationship issues
Coverage/ cost	No extra cost. Includes three sessions per issue per year as part of your EAP counseling visits. Costs beyond EAP visits are based on your plan benefits. Refer to your summary of benefits or explanation of coverage (EOC).	Costs are based on your plan benefits. Refer to your summary of benefits or EOC.	Costs are based on your plan benefits.	Costs are based on your plan benefits.	Costs are based on your plan benefits.
How to access	Visit anthemeap.com or use our SydneySM Health app to access resources or to find an EAP care provider.	Visit anthem.com/ca/find-care or call toll free at 855-383-7248 to find a therapist or other mental or behavioral health professional.	Get started today at rula.com/anthememployers . Have questions? Call 323-205-7088. Book your first session in minutes through 24/7 online scheduling, with a three-day average wait time.	Video visits are available by appointment based on the care or service. Chat is available 24/7. Scan the QR code to download the Sydney Health app. 	Use the Sydney Health app: Select Care from the home screen, then Video Visit to set up an appointment. Visit anthem.com/ca (for virtual care): From the Connect With Care menu, select Find Care & Cost , then select Virtual Care . From the menu under Care , choose Find Care .

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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.

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Make time for your mental health



Our mental health is just as important as our physical health. It plays a big role in how we think, feel, and act. It can have an impact on how we handle stress, make choices, and relate to those around us.¹

Many people deal with mental health concerns at some point in their lives. Making time to care for your mental health is one of the best things you can do to improve your well-being and live a happier life. Your Employee Assistance Program (EAP) is here to help. With access to tools, resources, and support, you'll find ways to:

- Access virtual or in-person counseling.
- Learn about different mental health conditions.
- Understand common signs and symptoms that you or someone else might need help.
- Learn tips and strategies to improve your mental health.

If it's an emergency, call 988 to reach the National Suicide Prevention Hotline or go to your nearest emergency room.

Support you can count on

Lean on these EAP resources anytime you need a helping hand.



Counseling

Log in at anthem.com/ca/eap to connect with a licensed professional for confidential virtual or in-person sessions.²



Self-paced learning materials

Explore short, educational articles, podcasts, and videos on dozens of emotional wellness topics.



Your EAP is here for you

Get the help you need anytime 24/7.

Go to anthem.com/ca/eap and log in.

¹ Centers for Disease Control and Prevention: About Mental Health (April 25, 2023): cdc.gov.

² Appointments subject to the availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (National Suicide Prevention Lifeline) and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room.

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EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

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Employee Assistance Program overview

Small Group - California (ACA)

Everybody needs a helping hand sometimes. That's where your Employee Assistance Program (EAP) comes in. You'll find tools and resources to help you and your household members with everyday issues, big and small. It's available to you 24/7 at no extra cost, and everything you share is confidential.¹ Explore all the support your EAP has to offer.



Counseling

- Access up to 3 visits with a counselor per person, per issue each year²
- Choose from in-person or virtual counseling sessions, including text and chat options



Legal resources

- Book a 30-minute phone or in-person consultation with a lawyer for help with legal issues³
- Pay a discounted rate if you need continued legal services
- Explore online forms, resources, and seminars to help navigate legal concerns



Financial planning

- Access unlimited phone consultations with a financial professional for help with issues such as retirement, home buying, and debt
- Take charge of your finances with helpful financial tools and calculators





Identity theft support

- Receive guidance if you're the victim of fraud or identity theft, including help reporting to credit agencies, filling out paperwork, and negotiating with creditors



Work-life resources

- Find guidance on navigating your career, parenting, healthy communication, and balancing work and personal life
- Get help finding high-quality pet, child, and elder care



Online wellness resources

- Access podcasts, articles, videos, and webinars on dozens of topics to help you manage your emotional, mental, and physical well-being



Crisis support

- Call the 24/7 hotline or get online support with planning, coping, and recovery if you're impacted by a tragedy



Your EAP is here for you

Call us at **800-999-7222**, or go to **anthem.com/CA/EAP** and enter your company code: **My EAP California**

¹ In accordance with federal and state law, and professional ethical standards.

² Appointments are subject to the availability of a therapist.

³ Excludes business, benefits, or employment issues. The free half-hour consultations apply per legal issue, per year. You are eligible for a new consultation for each new issue yearly. If you have Anthem health coverage, your cost for a visit may be similar to what you would pay for an office therapy visit, depending on your benefits, copay, or percentage of the cost. If you're not covered by an Anthem plan, you'll be responsible for paying the full cost for a visit.

This document is for general informational purposes. Check with your employer for specific information on the services available to you. EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. ANTHEM is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

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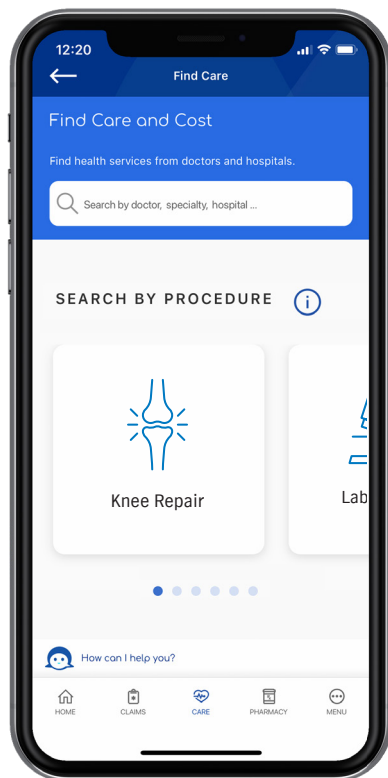
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Find high-quality doctors nearby and compare costs

Choosing a doctor you trust is important — and choosing one in your plan's network can keep your costs down. The **Find Care** tool on the SydneySM Health app and [anthem.com/ca](https://www.anthem.com/ca) can help you meet both needs.



Helping you find the right care

The **Find Care** tool brings together details about doctors in your plan's network. You can customize your search by name, location, specialty, or procedure. You also can compare information such as costs, languages spoken, and office hours.* To make sure a care provider is in your plan's network, view the doctor or facility profile.

To help you find care providers who would be a good fit for you, we sort your search results and provide the top three matches using **Personalized Match**. There are more options available below your top three, and you can always re-sort these search results by distance or name.

After viewing your initial search results, you can filter your results by selecting the relevant boxes on the left or browsing by list or map views.



Search by name, specialty or procedure.



Customize and refine results



Compare doctors and cost



Download the Sydney Health app

Scan the QR code to download the Sydney Health mobile app. Then select **Find Care and Cost** from the *Care* menu. Or you can log in to [anthem.com/ca](https://www.anthem.com/ca) and select **Find Care and Cost** from the *Care* menu.

¿Prefieres obtener información en español? Tienes opciones. Si tu teléfono móvil ya está configurado en español, la aplicación Sydney Health también estará en español. Si no es así, selecciona el **menú** dentro de la aplicación Sydney Health y elige el **idioma de la aplicación**. También puedes visitar espanol.anthem.com/ca.

* On-screen experiences may vary by user due to personalization experiences, benefit packages, and ongoing user-experience improvements.

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Use the Find Care tool

at anthem.com/ca to find an Anthem provider

The Anthem Blue Cross Find Care tool was created to make it easy to find the care you need. Use this quick step-by-step guide to help you find care.

- 1 Go to anthem.com/ca/find-care.
For guests like you, choose **Basic search as a guest**. This is available to everyone without logging in.
- 2 Scroll down and complete the following fields:
 - Select the type of plan or network — Use the dropdown menu to choose **Medical Plan or Network**.
 - Select the state where the plan or network is located — Use the dropdown menu to choose **California**.
 - Select how you get health insurance — Use the dropdown menu to choose **Medical (Employer-Sponsored)**.
 - Select a plan or network — Use the dropdown menu to choose **California Care HMO**.
 - Select the **Continue** button.
- 3 Enter the city, county, or ZIP code on the top left. You now have two options to narrow your search:
 - **Option 1 — Enter a care provider by name or specialty in the search box.** The results will appear below the search box, where you can select the name for more details about the care provider.
 - **Option 2 — Search by Care Provider.** Select the icon of the type of care provider you're looking for. The results will appear on a new screen, and you can select the care provider name for additional details.
- 4 View your search results:
 - Choose the printer icon to print the results of your search, or select the email icon to email the search results (only the first 100 listed providers will appear).
 - Select a care provider name to see more details.
 - Choose **Back to Find Care** on the upper left or the **Back** button at the bottom of the screen to return to your results.

1



Log in for Personalized Search

Find doctors, hospitals, and more in your plan's network. Get detailed estimates for procedures or services (not available with some plans). If you don't have an account, [click here](#).

[Log in to Find Care](#)



Use Member ID for Basic Search

Find doctors, hospitals, and more near you.

Search your medical plan without logging in

ID number or prefix (first three values) [Continue](#)



Basic search as a guest

Select a plan and find out if a doctor, hospital, or other care provider is in-network.

2

Select the type of plan or network

Medical Plan or Network (may also include dental, vision, or pharmacy benefits)

Care Providers for Behavioral Health & Substance Use Disorder Services are listed under Medical plan or network.

Select the state where the plan or network is offered. (For employer-sponsored plans, select the state where your employer's plan is contracted in. Most of the time, it's where the headquarters is located.)

California

Select how you get health insurance

Medical (Employer-Sponsored)

Select a plan or network

California Care HMO

3



[Find Care](#) [Search Anthem.com](#)

Individual & Family | Medicare | Medicaid | Employers | Products | Providers | COVID-19 info

[Log in](#) [Register](#)

California Care HMO [Change Plan](#)

[San Francisco, CA](#) [Update Location](#)

[Find a testing center near you with our COVID-19 Test Site Finder](#)

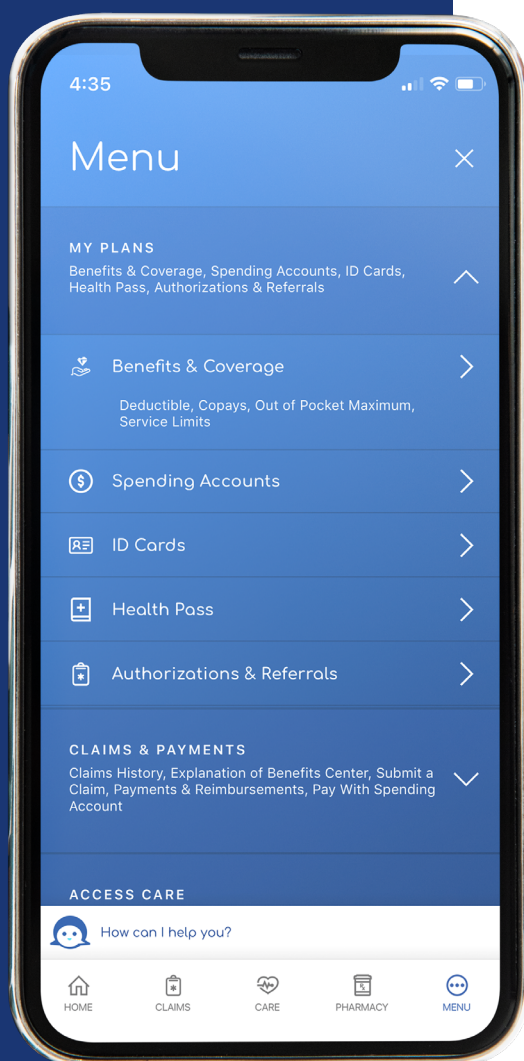
Search by Care Provider

 Primary Care
  Behavioral Health
  Lab (Blood Work)
  Imaging (MRI or X-ray)
  Hospital



Managing your health and benefits can be easier with the Sydney Health app

How to start using the app today



SydneySM Health helps you keep track of your health and benefits — wherever you are. If you're not using the app yet, you can download it by scanning the QR code on this flyer. After you register, log in and choose **Menu** at the bottom of the screen. Then select from the drop-down boxes, which include:

My Plans

Find details about your plan, including:



Benefits & Coverage

Select your current plan, then scroll down to view details, such as your deductible, out-of-pocket maximum, and coinsurance (your percentage of the costs).



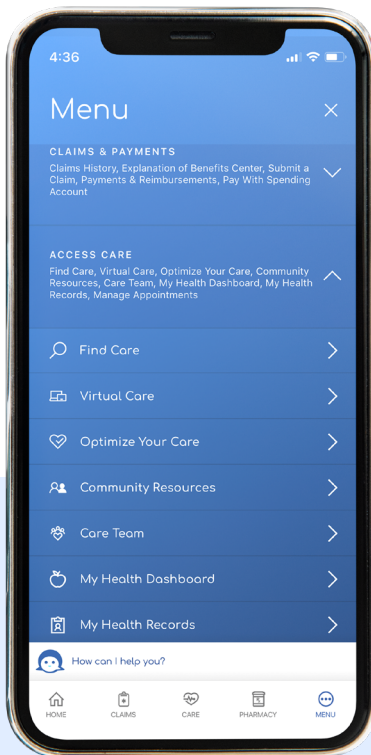
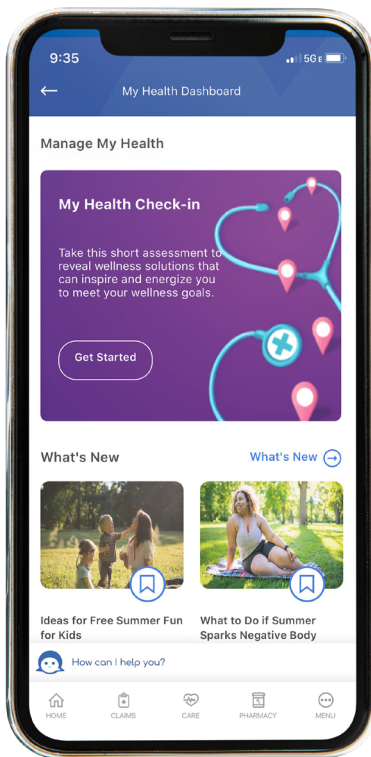
ID Cards

View and use your digital health plan ID card.

Claims & Payments

Access your claims and payment information. You can also explore the Explanation of Benefits Center, submit a claim, and see your claims history.





Access Care

Choose from resources such as:



Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network. Filter care providers by what's most important to you, such as gender, languages spoken, or location. You can also compare costs.



Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly with the Symptom Checker or talk to a doctor through chat or video.



Community Resources

Find organizations that offer no- or low-cost programs to help with food, transportation, and child care.



My Health Dashboard

Find news on health topics, health and wellness tips, and personalized action plans to help you reach your goals. You can also sync your fitness tracker and scan and track your meals.



My Health Records

See a full picture of your family's health in one secure place, using a single profile. View, download, and share information such as health histories and electronic medical records.

Support

Choose **Live Chat** to chat online, **Contact Us** to talk directly to an Anthem representative, and **Message Center** to send and receive messages. You can also find answers to common questions.

Download the Sydney Health app



Scan the QR code to **download the Sydney Health app**.

You can also [sign up at anthem.com/register](https://www.anthem.com/register) and access most of the same features from your computer.



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

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Save money

with SpecialOffers and discounts

As part of your health plan, you qualify for discounts on products and services that help promote better health and well-being. These discounts are available through SpecialOffers, which can help you save money while taking care of your health.



Dental, hearing, and vision

Dental

RefreshaDent

Save on premium dentures sent direct to your home. You can receive a 50% discount on a lifetime warranty. This program includes a lifetime digital record of your dentures for easy replacement.

Hearing

NationsHearing®

Receive hearing screenings and in-home service at no additional cost. You also can receive hearing aids at a discounted rate.

Hearing Care Solutions

Receive no-cost hearing exams and discounts on hearing aids. Hearing Care Solutions has 3,100 locations and eight manufacturers, and offers a three-year warranty, batteries for two years, and unlimited visits for one year.

Amplifon

Save on top-quality care and ongoing service and support for your hearing aids.

Eyewear

Glasses.com® and 1-800 CONTACTS®

Shop for the latest brand-name frames at a fraction of the cost of similar frames from other retailers. You also can receive additional savings on orders of \$100 or more, plus no-cost shipping and returns.

EyeMed

Take advantage of discounts on new glasses, nonprescription sunglasses, and eyewear accessories.

LASIK

Premier LASIK Network

Save on LASIK when you choose any featured Premier LASIK Network provider.

TruVision

Save on LASIK eye surgery at over 1,000 locations.

Health and fitness

Health

BREVENA

Enjoy a discount on BREVENA skin care creams and balms for smooth, rejuvenated skin from head to toe.

ChooseHealthy®

Discounts are available on acupuncture, chiropractic, massage, podiatry, physical therapy, and nutritional services. You also have discounts on fitness equipment, wearable health trackers, and health products such as vitamins and nutrition bars.

LifeMart®

Receive deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services, yoga classes, sports gear, and vision care.

Fitness

Active&Fit Direct™

Choose from more than 12,000 participating fitness centers and 5,800 premium exercise studios nationwide and receive a discounted membership. This program is offered through American Specialty Health Fitness, Inc.

Fitbit®

Work toward your fitness goals with Fitbit trackers and smartwatches that fit your lifestyle and budget.

Garmin®

Discounts are available on select Garmin wellness devices.

Husk Wellness

Discounts are available for gym memberships, fitness equipment and technology, and fitness and nutrition coaching.

Family and home

Family

23andMe®

Save on health and ancestry kits to learn about your wellness, ancestry, and more.

WINFertility®

Save up to 40% on infertility treatment. WINFertility helps make quality treatment more affordable.

Home

Nationwide® Pet Insurance

Receive discounts when you enroll through your company or organization. Additional savings are available when you enroll multiple pets.

ASPCA® Pet Health Insurance

Find reduced rates on pet insurance and choose from three levels of care, including flexible deductibles and custom reimbursements.

Medicine and treatment

Medicine

Puritan's Pride®

Choose from a large selection of discounted vitamins, minerals, and supplements.

Allergy Control Products and National Allergy Supply™

Save on select doctor-recommended products, such as allergy-friendly bedding, air purifiers and filters, and asthma products. Some orders qualify for no-cost ground shipping within the contiguous U.S.

Treatment

The Living Well Courses

Choose one of the online wellness programs and save on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep, or address alcohol or substance dependence.

▶ Learn more about SpecialOffers

Log in to [anthem.com/ca](https://www.anthem.com/ca), choose **Care**, and select **Discounts**.



Add dental and vision benefits for extra savings



Keeping your Small Group clients and their employees healthy while saving them money is important. That's why we're offering discounts on new dental and vision benefits from Anthem. Even if they don't have an Anthem medical plan, your clients can save more when you offer more.

Help your clients start saving today

1 Bundle their plans

When Small Group clients buy new dental coverage and add a vision plan with us, they'll receive a bundled discount.*

Employer-sponsored offering	Discount
Dental + vision	5% on dental 5% on vision

2 Enroll more groups

You can offer dental discounts for new groups with **26 or more** eligible employees, and dental and vision plans only require 50% participation for employers with **2 to 100 employees**.

3 Lock in their rates

When clients buy dental and vision plans now, they'll receive a 24-month rate guarantee. That means two years without a rate increase when they renew with Anthem.



Connect with us

Learn how our dedicated sales and support representatives can help you succeed by calling Anthem Connect at **877-567-1802** or emailing connect@anthem.com.

* Discount applies to dental and vision groups with 2 to 100 employees. Contact your representative for complete offer details.

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Save money on chiropractic care



When you need chiropractic care, you can save on out-of-pocket costs by using American Specialty Health (ASH) as part of your Anthem Blue Cross (Anthem) plan. ASH is a national health services organization that manages chiropractic and health and wellness provider networks. The ASH network has over 4,000 providers, and serves more than 32 million members nationwide.

New chiropractic benefit for Small Group HMO members

- \$15 copay/30 visits
- No referrals required

Choose an in-network provider and save

When searching for a chiropractor, you'll save money by choosing one who is in the ASH network. To view


 a list of chiropractors in the ASH network, go to [anthem.com/ca](https://www.anthem.com/ca) and choose Find Care.

Frequently asked questions about claims

Who is responsible for ensuring care is medically necessary?

Your chiropractic care must be determined as “medically necessary” to be covered.

ASH processes claims and reviews them to make sure services are medically necessary. You will receive explanation of benefits forms and letters about medical necessity directly from ASH.

If you use an in-network chiropractor – Chiropractors should get approval from ASH to make sure care is medically necessary before they provide that care. They can send claims directly to ASH. You aren't responsible for the cost of a denied claim, so it's important that ASH gives their approval before you receive care. This authorization is needed for the chiropractor to be paid.

How long does a claim review take?

For recent treatments, ASH will review right away. But if the treatment was performed long ago, ASH will review it within 30 days.

How can I find a chiropractor?

Go to anthem.com/ca to find a chiropractor in your health plan network, or call the Member Services number on the back of your member ID card. If in-network providers are not located near where you live or work, we'll work with ASH to find a provider close to you (on a case-by-case basis).

What if I need more care than my benefits allow?

ASH will review the type and amount of care before it is given to determine if it's medically necessary. Without a preapproval review, services may not be covered. Chiropractors should call ASH to ask for a preapproval review, or you can call the Member Services number on the back of your ID card.

What if I have Medicare or another health plan?

We will process your claims when Medicare or any other health plan is your primary insurance carrier.

Do other nonchiropractic providers follow this process if they offer chiropractic services?

No, Anthem will review and process all claims for them — not ASH.

What if a claim is sent to Anthem by mistake?

We will reject the claim and send it back to the chiropractor.

What if the claim is for a service performed outside of California?

Chiropractors need to send claims to their local Blue plan.

How can I appeal a claim or file a grievance?

Follow the process on the back of your explanation of benefits or medical necessity letter that ASH provided to you.

Who should chiropractors call about a claim?

They should call ASH directly at 800-972-4226.

We are here if you or your provider have questions

Our Member Services team can help you and call ASH, if needed. You can also view your claims at anthem.com/ca. Call the Member Services number on the back of your ID card if you have questions.



Chiropractic management administered by American Specialty Health, Inc., an independent company.

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Save money and time with Rx Choice pharmacy network

Your Anthem health plan gives you choices about how and where to fill your prescriptions. With the Rx Choice pharmacy network, you can choose a pharmacy with lower prescription costs or a greater number of locations. You can also have prescriptions delivered right to your door. Choose CaredonRx Pharmacy — a home delivery service — if available to save time and money when filling medicines you take daily. It even comes with automatic refills.

The Rx Choice network offers two levels of coverage:

Level 1

These are preferred pharmacies, where your copay or share of the prescription cost is lower. There are more than 20,000* Level 1 pharmacies nationwide, including these well-known chains:

- Walmart
- Kroger
- Giant Eagle
- Albertsons/Safeway
- Hannaford/Ahold

Level 2

You'll pay more out of pocket when you fill your prescription at one of these 47,000* pharmacies, including these well-known chains:

- Walgreens
- Rite Aid
- Sam's Club
- Costco
- Meijer

Note: CaredonRx Pharmacy is also available as a preferred pharmacy option.

How to find a pharmacy in the Rx Choice pharmacy network

- Log on to anthembluecross.com or the SydneySM Health mobile app, and choose **Order and Manage Prescriptions**.
- On the *Pharmacy* page, choose **Find a Pharmacy**.
- Enter your ZIP code and how far you want to search to find pharmacies near you.

Choose CaredonRx Pharmacy

You may be eligible to request a new home delivery prescription on anthembluecross.com or the Sydney Health mobile app.

We're here to help

If you have questions about the network or your pharmacy benefits, call the Pharmacy Member Services number on your plan ID card.

* CaredonRx data, 2022.
Services provided by CaredonRx, Inc.

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2024.

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Family matters

WINFertility

Show your employees you care. Bring them the hope of fertility support.

Employees struggling to start or grow their families may need a lot of help getting there. You can give them access to that help — at no extra cost to you.

How? Employees without infertility benefits or who've already used up their coverage can go to SpecialOffers at anthem.com/ca and save on enrolling in WINFertility. This infertility management company provides support and resources to those trying to get pregnant.

Spread the word

Share the good news about WINFertility with your employees. They can sign up on anthem.com/ca. And some day, they may be able to share their own good news!

A safer, more affordable approach*

Using evidence-based guidelines, WINFertility's program has led to a:



27%
increase in
pregnancy rates.



49%
decrease in
multiple births.

Plus, savings of up to:



30% to 50%
for infertility treatment



25% to 45%
for neonatal intensive care
unit (NICU) services



20% to 40%
for pharmacy services



Through WINFertility, your employees get:

- 24/7 access to the FertilityCoachSM Nurse helpline.
- Referrals to high-quality reproductive endocrinologists and other specialists from Anthem's exclusive provider network.
- Medical and pharmacy discounts.
- Financing options.
- Information about infertility causes, testing, and different treatment and drug options.
- Emotional support.
- Tips on how to choose a doctor, find a high-risk maternity group and join the right health programs for their needs.

Walk your employees through these steps

It's easy to learn more about WINFertility's services and discounts.

Employees can simply:

- 1 Log on to **anthem.com/ca**.
- 2 Choose the **Discounts** tab at the top of the page.
- 3 Select the **Family & Home** category of products or services.
- 4 Pick the **WINFertility special offer**, which will take them to the company's website.

On the WINFertility site, they'll see a toll-free number and a promo code to redeem the special offer.

There's also an app!

The program's new mobile app, **WINFertility Companion**, allows members to:



- Communicate with a WINFertility nurse care manager by phone, text or email.
- Privately track multiple fertility-related activities.
- Set calendar reminders for doctor appointments, taking medications and other medical events.
- Get discreet alerts, like when ovulation starts.