



2025 open enrollment

Your guide to your benefits

**Anthem Blue Preferred Plus POS
NW Area Cooperative**

July 1, 2025

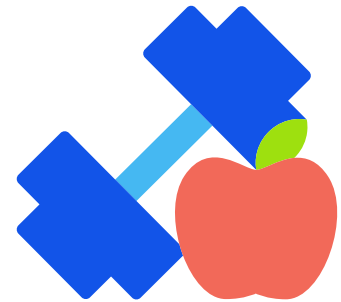


Welcome to Anthem

We're here to help you use your health plan with confidence

Why Anthem

At Anthem, we're dedicated to improving your health and providing quality coverage to the 47 million people who have an Anthem health plan.¹ To make sure you're receiving safe, quality care and service, we review the benefits and programs you use to know what's working — and learn where we can take action — to help you be your healthiest self. With an Anthem plan, you'll have access to a variety of benefits, including:



The nation's largest network

Anthem gives you access to more than 1.7 million doctors and hospitals — the nation's largest network of care providers, which touches every ZIP code in the U.S.²

No- or low-cost preventive care

Your plan covers preventive care at little or no added cost when you see a doctor in your plan's network. Preventive care, such as your annual physical, vaccinations, and screenings, can help you stay healthy and catch issues early when they're easier to treat.

Convenient virtual care

Virtual care allows you to connect directly to care from anywhere with a smartphone, tablet, or computer with a camera. You'll be able to meet with a board-certified doctor through video or chat with little to no wait time.^{3,5}

Health and wellness programs

Your Anthem benefits offer access to a variety of programs, digital tools, and health guides at no added cost to help you with your individual health needs and goals.

¹ Elevance Health website: *Advancing Health Together* (May 2023): advancinghealth.elevancehealth.com.

² Blue Cross Blue Shield Association: *About Us: The Blue Cross Blue Shield System*: [bcbs.com](https://www.bcbs.com).

³ Virtual text and video visits powered by K Health. LiveHealth Online is the trade name of Carelon Health Solutions, Inc., a separate company, providing telehealth services on behalf of your health plan.

⁴ 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.

⁵ LiveHealth Online, internal data (2023).



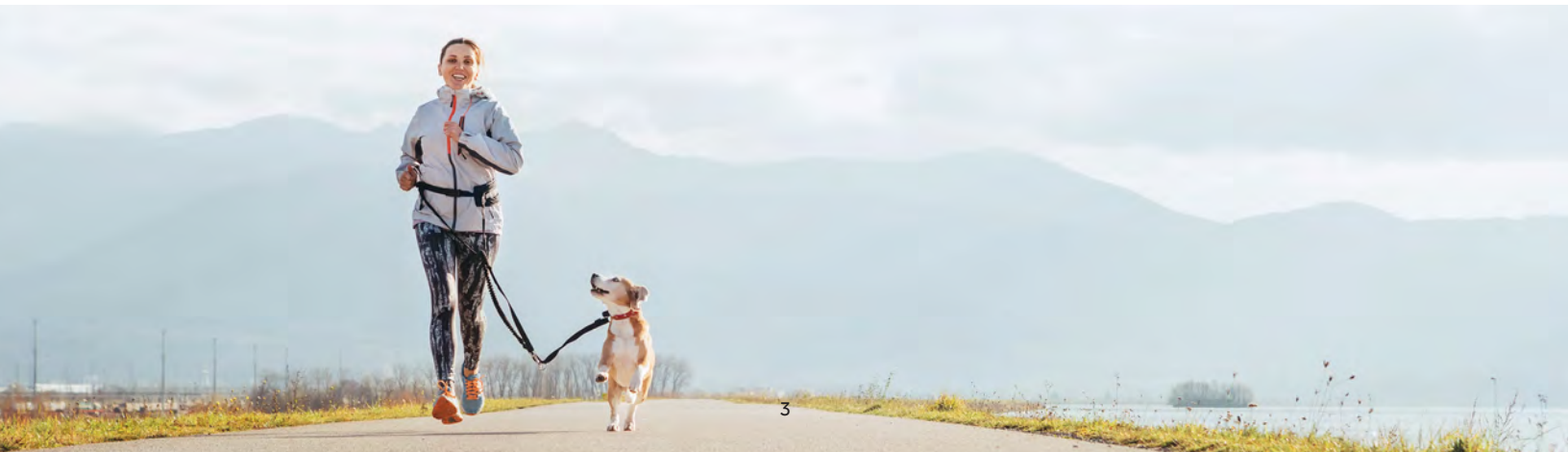
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Pharmacy benefits

Reliable prescription drug coverage

Having the right medicine at the right time can make a big difference in your health and well-being. We're here to help you access the medications you need, when you need them, while also saving money.

Your plan covers:

- Brand-name and generic drugs on your drug list.
- Certain preventive drugs at a more affordable or no extra cost to you.
- Most specialty drugs required to treat an ongoing health matter or serious illness.

Coverage requirements

Certain medications require you to take other steps before your plan covers them.

- **Preapproval, also known as prior authorization:** This means Anthem needs to approve a drug before the pharmacy fills it.

- **Step therapy:** You may need to try other medicine before we can cover the one your doctor prescribed.
- **Quantity limits:** To help protect your health, your plan may limit how much medication you can receive each month.
- **Dose optimization:** If a higher strength is available, you may be able to switch from taking multiple doses to a single dose each day.

To understand pharmacy benefits:

- Review your medication list to see if your prescriptions are covered.

Tips: How to get your prescriptions and save money

- **Retail pharmacies:** Your costs may be lower with pharmacies in your plan's network.
- Price a medication tool on **anthem.com** or the **SydneySM Health** app.
- **Noncovered medicine:** If your prescription isn't covered by your plan, you may be able to receive a discount. Share your ID card at the pharmacy, and the available discount will automatically be applied.
- Check for generic instead of brand name medicines, which are just as effective and can save you money.

- Price a medication to find the best price in your plan's network, which can save you more when buying certain medicines.
- Check to make sure your local retail pharmacy is in your plan's network.
- Explore home delivery with CarelonRx Pharmacy for medicines you take regularly.
- Get more information on our specialty pharmacy once you have a health plan. Most specialty drugs are covered if you need them.
- Review the drug tier chart to see where your medicines fall and how to save money.

Drug type		Cost
Tier 1	Preferred generic drugs	\$
Tier 2	Preferred brand-name and newer, higher-cost generic drugs	\$\$
Tier 3	Nonpreferred brand-name and generic drugs	\$\$\$
Tier 4	Preferred specialty drugs (brand name and generic)	\$\$\$\$

Your pharmacy options

You have choices for filling your prescriptions, including local retail pharmacies in your plan's network and convenient home delivery with CarelonRx Pharmacy. If you use a specialty medicine, it will need to be filled through our specialty pharmacy.

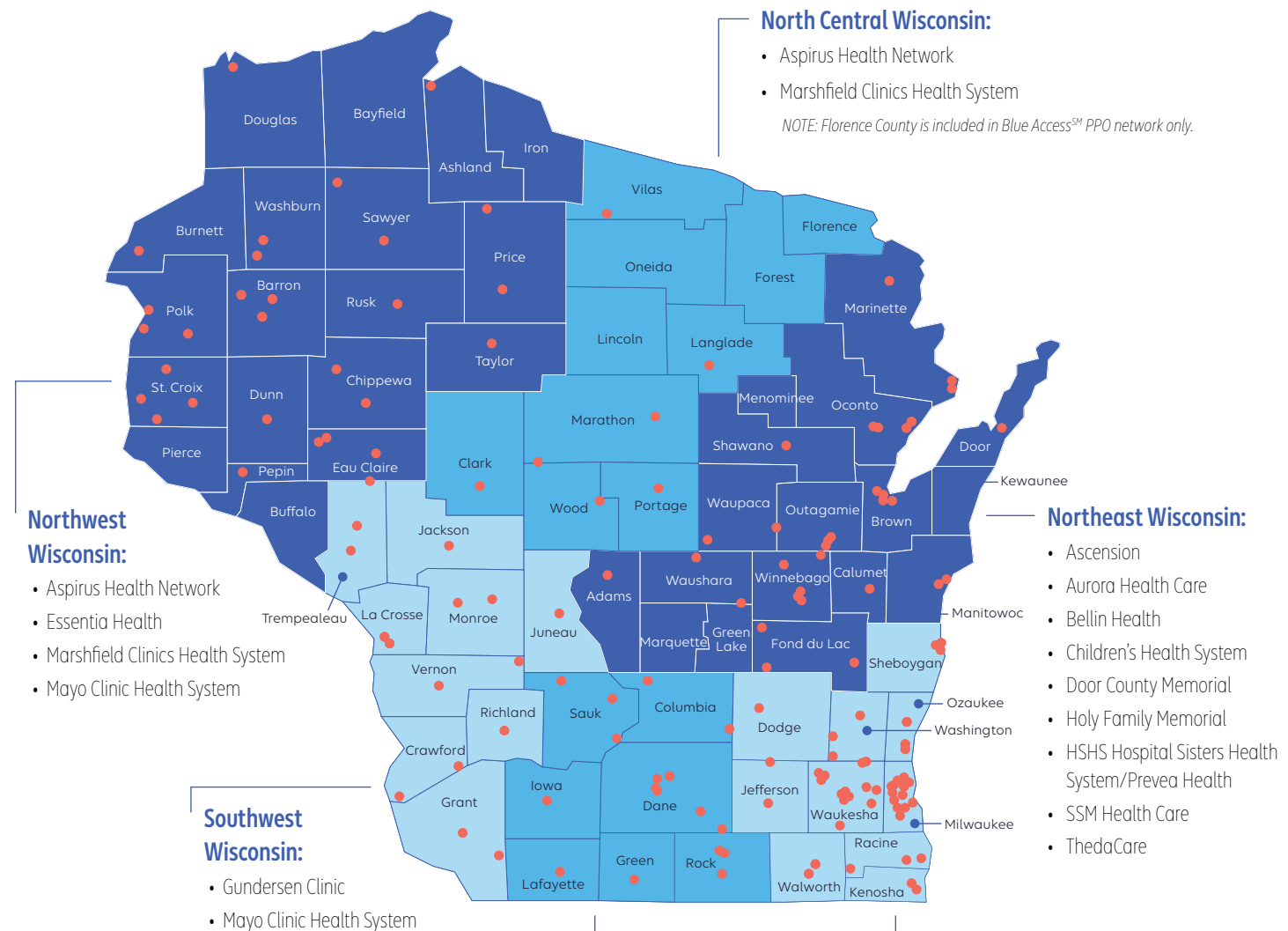
The **Base Network** is our national pharmacy network with nearly 70,000 retail pharmacies across the country. To find a pharmacy, visit

<http://anthem.com/pharmacyinformation/rxnetworks.html> and choose the Base Network list.

Wisconsin

State-wide network service area

Effective May 1, 2024



North Central Wisconsin

Aspirus Health Network

Aspirus Eagle River Hospital	Eagle River
Aspirus Langlade Hospital	Antigo
Aspirus Merrill Hospital	Merrill
Aspirus Plover Hospital	Stevens Point
Aspirus Rhinelander Hospital	Rhinelander
Aspirus Riverview Hospital	Wisconsin Rapids
Aspirus Stanley Hospital	Stanley
Aspirus Stevens Point Hospital	Stevens Point
Aspirus Tomahawk Hospital	Tomahawk
Aspirus Wausau Hospital	Wausau
Howard Young Medical Center	Woodruff
North Central Health Care	Wausau

Marshfield Clinics Health System

Marshfield Medical Center	Marshfield
Marshfield Medical Center– Minocqua	Minocqua
Marshfield Medical Center–River Region	Stevens Point
Marshfield Medical Center– Weston	Weston
Marshfield Medical Center– Neillsville	Neillsville

Northeast Wisconsin

Ascension

Ascension Calumet Hospital	Chilton
Ascension NE Wisconsin – Mercy Campus	Oshkosh
Ascension NE Wisconsin – St. Elizabeth Campus	Appleton

Aurora Health Care

Aurora BayCare Medical Center	Green Bay
Aurora Medical Center Bay Area	Marinette
Aurora Medical Center Manitowoc	Two Rivers
Aurora Medical Center Oshkosh	Oshkosh

Bellin Health

Bellin Behavioral Health	Green Bay
Bellin Hospital	Green Bay
Bellin Health Oconto Hospital & Medical Center	Oconto

Children's Health System

Children's Hospital of Wisconsin Fox Valley	Neenah
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Door County Memorial

Door County Memorial	Sturgeon Bay
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Holy Family Memorial

Holy Family Memorial	Manitowoc
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HSHS Hospital Sisters Health System/Prevea Health

HSHS St. Clare Memorial Hospital	Oconto Falls
HSHS St. Mary's Hospital Medical	Green Bay
HSHS St. Vincent Hospital	Green Bay

SSM Health Care

SSM Health Ripon Community Hospital	Ripon
SSM Health St. Agnes Hospital Fond du Lac	Fond du Lac
SSM Health Waupun Memorial Hospital	Waupun

ThedaCare

ThedaCare Medical Center – Appleton	Appleton
ThedaCare Medical Center– Berlin	Berlin
ThedaCare Medical Center – Neenah	Neenah
ThedaCare Medical Center – New London	New London
ThedaCare Medical Center – Shawano	Shawano
ThedaCare Medical Center – Waupaca	Waupaca
ThedaCare Medical Center – Wild Rose	Wild Rose

Northwest Wisconsin

Aspirus Health Network

Aspirus Medford Hospital	Medford
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Essentia Health

St. Mary's Hospital	Superior
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Marshfield Clinics Health System

Marshfield Medical Center – Eau Claire	Eau Claire
Marshfield Medical Center – Ladysmith	Ladysmith
Marshfield Medical Center – Park Falls	Park Falls
Marshfield Medical Center – Rice Lake	Rice Lake

Mayo Clinic Health System

Mayo Clinic Health System – Chippewa Valley	Bloomer
Mayo Clinic Health System – Eau Claire	Eau Claire
Mayo Clinic Health System – Northland	Barron
Mayo Clinic Health System – Oakridge	Osseo
Mayo Clinic Health System – Red Cedar	Menomonie

Southwest Wisconsin

Gundersen Clinic

Gundersen Boscobel Area Hospital	Boscobel
Gundersen Lutheran Medical Center	LaCrosse
Gundersen Moundview Hospital	Friendship
Gundersen St. Joseph's Hospital	Hillsboro
Gundersen Tri County	Whitehall

Mayo Clinic Health System

MCHS Franciscan Healthcare LaCrosse	LaCrosse
MCHS Franciscan Healthcare Sparta	Sparta

South Central Wisconsin

Aspirus Divine Savior Healthcare

Aspirus Divine Savior Healthcare	Portage
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Beloit Health System

Beloit Memorial Hospital	Beloit
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SSM Health Care

SSM Health Monroe Hospital	Monroe
SSM Health St. Clare Hospital	Baraboo
SSM Health St. Mary's Hospital	Janesville
SSM Health St. Mary's Hospital	Madison

Mercyhealth System

Mercyhealth Hospital and Trauma Center	Janesville
Mercyhealth Hospital and Medical Center	Lake Geneva

UnityPoint Health Meriter

UnityPoint Health – Meriter Hospital	Madison
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UW Health

American Family Children's Hospital	Madison
University of Wisconsin Hospital	Madison
UW Health Rehabilitation Hospital	Madison

Southeast Wisconsin

Ascension

Ascension All Saints Medical Center	Racine
Ascension Columbia – St. Mary's Hospital	Milwaukee
Ascension SE Wisconsin Hospital – Elmbrook Campus	Brookfield
Ascension SE Wisconsin Hospital – Franklin Campus	Franklin
Ascension SE Wisconsin Hospital – St. Joseph Campus	Milwaukee

Ascension Sacred Heart Rehabilitation	Milwaukee
Ascension St. Francis Hospital	Milwaukee
Ascension St. Mary's Hospital – Ozaukee	Mequon
Ascension WI Hospital Greenfield Campus	Milwaukee
Ascension WI Hospital Menomonee Falls Campus	Menomonee Falls
Ascension WI Hospital Waukesha Campus	Waukesha
Midwest Orthopedic Specialty Hospital	Milwaukee
Orthopedic Hospital of Wisconsin	Glendale

Aurora Health Care

Aurora Medical Center Washington County	Hartford
Aurora Lakeland Medical Center	Elkhorn
Aurora Medical Center Burlington	Burlington
Aurora Medical Center Grafton	Grafton
Aurora Medical Center Kenosha	Kenosha
Aurora Medical Center Mount Pleasant	Mount Pleasant
Aurora Medical Center Sheboygan	Sheboygan
Aurora Medical Center Summit	Summit
Aurora Psychiatric Hospital	Wauwatosa
Aurora Sinai Medical Center	Milwaukee
Aurora St. Luke's South Shore	Cudahy
Aurora St. Luke's Medical Center	Milwaukee
Aurora West Allis Medical Center	West Allis

Children's Health System

Children's Hospital of Wisconsin	Milwaukee
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Fort Health Care

Fort Memorial Hospital	Fort Atkinson
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Froedtert & the Medical College of Wisconsin

Froedtert Community Hospital	Mequon
Froedtert Community Hospital	New Berlin
Froedtert Community Hospital	Oak Creek
Froedtert Community Hospital	Pewaukee
Froedtert Community Memorial Hospital	Menomonee Falls
Froedtert Hospital	Milwaukee
Froedtert West Bend Hospital	West Bend

Froedtert South

Froedtert South	Kenosha
Froedtert South	Pleasant Prairie

HSHS Hospital Sisters Health System/Prevea Health

HSHS St. Nicholas Hospital	Sheboygan
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Marshfield Clinics Health System

Marshfield Medical Center Beaver Dam	Beaver Dam
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ProHealth Care

ProHealth Oconomowoc Memorial Hospital	Oconomowoc
ProHealth Rehabilitation Hospital	Waukesha
ProHealth Waukesha Memorial Hospital	Waukesha
ProHealth Waukesha Memorial Hospital – Mukwonago	Mukwonago

Rogers Memorial Hospital

Rogers Memorial Hospital – Brown Deer	Brown Deer
Rogers Memorial Hospital – Oconomowoc	Oconomowoc
Rogers Memorial Hospital – West Allis	West Allis

Watertown Regional Medical Center

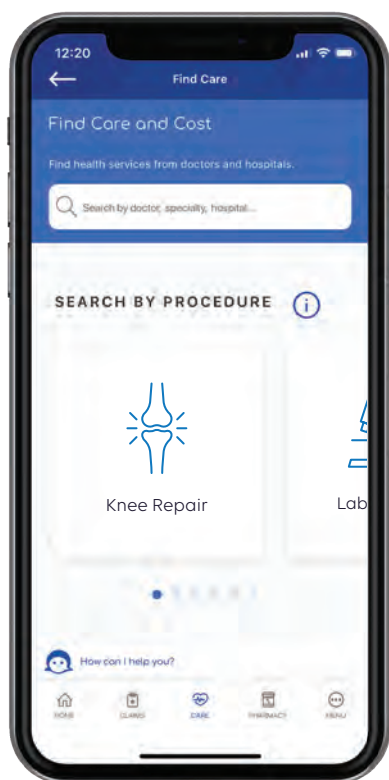
Watertown Regional Medical Center	Watertown
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* While we make efforts to ensure that our lists of doctors, hospitals, and other providers are up to date and accurate, providers do leave our networks from time to time, and the listings included on Find a Doctor / Find Care at anthem.com do change.

Anthem Blue Cross and Blue Shield is the trade name of Blue Cross Blue Shield of Wisconsin (BCBSWI), CompCare Health Services Insurance Corporation (CompCare) and Wisconsin Collaborative Insurance Company (WCIC). BCBSWI underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare or 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.

Find high-quality doctors nearby and compare costs

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



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 costs.



Download the Sydney Health app

Scan the QR code to download the Sydney Health app. Choose **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 [anthem.com/es](https://www.anthem.com/es).

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

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

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.

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, Inc. 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.



The Sydney Health mobile app makes healthcare easier

Access personalized health and wellness information wherever you are

Use SydneySM Health to keep track of your health and benefits — all in one place. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.

Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you, such as gender, languages spoken, or location. You'll be matched with the best results based on your personal needs.

My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals. It also offers a customized experience just for you, such as syncing your fitness tracker and scanning and tracking your meals.

Chat

If you have questions about your benefits or need information, Sydney Health can help you quickly find what you're looking for and connect you to an Anthem representative.

Virtual Care

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

Community Resources

This resource center helps you connect with organizations offering no-cost and reduced-cost programs to help with challenges such as food, transportation, and child care.

My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.



Download the Sydney Health app today

Use the app anytime to:

- Find care and compare costs.
- See what's covered and check claims.
- View and use digital ID cards.
- Check your plan progress.
- Fill prescriptions.



Scan the QR code to download the Sydney Health app.

You can also set up an account at anthem.com/register to access most of the same features from your computer.

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.

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

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At home or on the go, doctors and mental health professionals are here for you.

Starting 1/1/2018 you can also meet with
board-certified Psychiatrists using
LiveHealth Online!



When you're not feeling well you can get the support you need easily using LiveHealth Online. Whether you have a cold, you're feeling anxious or need help managing your medication, doctors and mental health professionals are right there, ready to help you feel your best. Using LiveHealth Online you can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet or computer from home or anywhere.

You've got access to affordable and convenient care

Your Anthem plan includes benefits for video visits using LiveHealth Online, so you'll just pay your share of the costs — usually \$49 or less for medical doctor visits, and a 45-minute therapy or psychiatry session usually costs the same as an office visit.

On LiveHealth Online, you can:

- **See a board-certified doctor 24/7.** You don't need an appointment to see a doctor. They're always available to assess your condition and send a prescription to the pharmacy you choose, if needed.¹ It's a great option when you have pink eye, a cold, the flu, a fever, allergies, a sinus infection or another common health issue.
- **Visit a licensed therapist in four days or less.**² Have a video visit with a therapist to get help with anxiety, depression, grief, panic attacks and more. Schedule your appointment online or call **1-888-548-3432** seven days a week.
- **Consult a board-certified psychiatrist within two weeks.**³ If you're over 18 years old, you can get medication support to help you manage a mental health condition. To schedule your appointment call **1-888-548-3432** seven days a week.

Sign up for LiveHealth Online today – it's quick and easy

Go to livehealthonline.com or download the app
and register on your phone or tablet.



1 Prescription availability is defined by physician judgment and state regulations. Visit the home page of livehealthonline.com to view the service map by state.

2 Appointments subject to availability of a therapist.

3 Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Appointments subject to availability.

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 1-800-784-2433 (National Suicide Prevention Lifeline) or 911 and ask for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

If you're a retiree or have coverage that complements your Medicare benefits, your employer sponsored health plan may not include coverage for online visits using LiveHealth Online. Check your plan documents for details. You can still use LiveHealth Online, but you may have to pay the full cost of a visit. Online visits using LiveHealth Online may not be a covered benefit for HRA and HIA+ members.

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.

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Engagement Package 200

Give your employees extra support to reach their personal health goals

Everyone has their own approach to achieving health goals.

Engagement Package 200 rewards employees up to \$200 in retail gift cards when they take part in a wide variety of preventive care, condition management, and wellness activities that help them to meet those goals.

Employees can follow their progress and rewards earned through **anthem.com** or the **SydneySM Health** app.¹ Sydney Health is integrated and personalized, making it easier for employees to get — and stay — in their best health.

Your employees can earn a maximum of \$200 by participating in or completing certain activities, such as:

Ways to earn rewards²

Adult wellness annual exam or well-woman exam in first 90 days of the plan year (one per year)	\$25
Flu shot (one per year)	\$20
Screening mammogram (one per year)	\$25
Colorectal cancer screening (one per year)	\$25
Eye exam (one per year)	\$25
Cholesterol exam (one per year)	\$20
Health assessment (one per year)	\$20
Update contact information (one per year)	\$10
Login — web or mobile (one per year)	\$5
Connecting tracking device (one per year)	\$5
Steps tracking (\$2 for every 50,000; \$60 maximum)	\$60
Action plans (\$5 each; five a year maximum)	\$25
ConditionCare ³	\$50
Building Healthy Families ⁴	\$40
Well-being Coach Digital ⁵	\$20
Well-being Coach Telephonic — achieve weight goal (one per year)	\$25
Well-being Coach Telephonic — achieve tobacco cessation (one per year)	\$25

Our health rewards program gives rewards to an employee and their covered partner when they participate in wellness programs that help them create healthy habits.

¹ Rewards eligibility only applies to employees and their spouse or domestic partner. Individuals must be active on the plan, and activity must take place during the plan effective year.

² Rewards are processed after employee receives annual preventive wellness exam and flu shot and provider submits claims to Anthem.

³ ConditionCare rewards: \$20 for program participation and \$30 for program completion.

⁴ Building Healthy Families rewards: \$10 for profile completion, \$10 for pregnancy screening, \$10 for completing at least 1 of 6 mini-assessments, and \$10 for postpartum assessment.

⁵ Daily check-in rewards: first check-in: \$4, next 15 check-ins in first quarter: \$4, 25 check-ins during second through fourth quarters: \$4 each quarter.

Rewards can be applied toward an electronic gift card from popular retailers, such as Mastercard®, Amazon, Gap Options (all brands), Staples®, Target, The Home Depot, and TJ Maxx®. The minimum gift card amount is set by each individual retailer. Rewards earned should be redeemed before the end of the current plan year. Unused rewards are forfeited three months after the end of the employee's plan year.



Well-being Coach Total

This program gives employees access to tools to help them make positive lifestyle changes and meet health goals.*

Well-being Coach Telephonic provides phone coaching with a health educator for those at risk for obesity or tobacco use. Employees have access to a coach through chat using Sydney Health.

Employees can consult with an Anthem pharmacist to discuss medication options to help them lose weight or quit tobacco. The pharmacist can request a prescription from the employee's doctor.

Well-being Coach Digital is a personalized health coaching app that helps employees at all risk levels get support to maintain a healthier weight or quit tobacco, with guidance on nutrition, activity, mindfulness, and sleep.



We want to help your employees get the care they need, when they need it. With the Engagement Package 200, they can receive support and guidance every step of the way.

To learn more, contact your Sales account representative.

* Well-being Coach is powered by the Lark platform and accessible to individuals through Sydney Health.

Product availability may vary. The reward amount redeemed by the employee may be considered income to the employee and/or their spouse or domestic partner and subject to state and federal taxes in the tax year it is paid. The employee and/or their spouse or domestic partner should consult a tax expert with any questions regarding their tax obligations.

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

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Use your preventive care benefits

Stay healthy and catch problems early for easier treatment



Our health plans offer all the preventive care services and immunizations below at no cost to you.¹ As long as you use a doctor, pharmacy, or lab in your plan's network, you won't have to pay anything. If you go to doctors or facilities that are not in your plan, you may have to pay out of pocket.

If you are not sure which exams, tests, or shots are right for you, talk to your doctor.

Preventive care vs. diagnostic care: Knowing the difference

Preventive care helps protect you from getting sick. If your doctor recommends services when you have no symptoms, that's preventive care. **Diagnostic care** is when you have symptoms, and your doctor recommends services to determine what's causing those symptoms.

Adult preventive care

General preventive physical exams, screenings, and tests (all adults):

- Alcohol and drug misuse: related screening and behavioral counseling
- Anxiety, depression, and suicide risk screenings
- Aortic aneurysm screening (for men who have smoked)
- Behavioral counseling to promote a healthy diet and physical activity
- High blood pressure (hypertension) screening
- Bone density test to screen for osteoporosis
- Cholesterol and lipid (fat) levels screening
- Colorectal cancer screenings, including fecal occult blood test, barium enema, flexible sigmoidoscopy (exam of the large intestine), screening colonoscopy and related prep kit, and computed tomography (CT) colonography (as appropriate)²
- Diabetes screening (type 2)³
- Exercise interventions to prevent falls in adults over age 65

- Hepatitis B virus (HBV) screening for people at increased risk of infection
- Hepatitis C virus (HCV) screening
- Hearing screening
- Height, weight, and body mass index (BMI) measurements
- Human immunodeficiency virus (HIV): screening and counseling ;
- Interpersonal and domestic violence: screening and counseling
- Lung cancer screening for adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years²
- Obesity: related screening and counseling³
- Sexually transmitted infections: related screening and counseling
- Syphilis infection screening for persons who are at increased risk
- Tobacco use: related screening and behavioral counseling
- Tuberculosis screening

Women's preventive care:

- Breast cancer screenings, including exam, mammogram, and genetic testing for BRCA1 and BRCA2 when certain criteria are met⁵
- Breastfeeding: primary care intervention to promote breastfeeding support, supplies, and counseling^{6,7,8/9}
- Chlamydia and gonorrhea screening
- Contraceptive (birth control) counseling
- Counseling related to chemoprevention for those at high risk for breast cancer
- Counseling related to genetic testing for those with a family history of ovarian or breast cancer
- Food and Drug Administration (FDA)-approved contraceptive medical services, including sterilization, provided by a doctor
- Human papillomavirus (HPV) screening⁷
- Pelvic exam and Pap test, including screening for cervical cancer
- Pregnancy screenings, including gestational diabetes, hepatitis B, asymptomatic bacteriuria, Rh incompatibility, HIV, healthy weight, preeclampsia, and depression⁷
- Urinary incontinence screening
- Well-woman visits

Immunizations:

- Diphtheria, tetanus, and pertussis (whooping cough)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Influenza (flu)
- Measles, mumps, and rubella (MMR)
- Meningococcal (meningitis)
- Monkeypox and/or smallpox (at risk)
- Pneumococcal (pneumonia)
- Respiratory syncytial virus (RSV)
- Severe acute respiratory syndrome coronavirus 2 (SARS CoV 2)(COVID-19)
- Varicella (chickenpox)
- Zoster (shingles)

The preventive care services listed above are recommendations of the Affordable Care Act (ACA) and are subject to change. They may not be right for every person. Ask your doctor what's right for you.

This sheet is not a contract or policy with Anthem Blue Cross and Blue Shield. If there is any difference between this sheet and the group policy, the group policy provisions will rule. Please see your combined evidence of coverage (EOC) and disclosure form or certificate for exclusions and limitations.

Child preventive care

Preventive physical exams, screenings, and tests:

- Anemia screening
- Anxiety, depression, and suicide risk screenings
- Autism Spectrum Disorder (ASD) screening
- Blood pressure screening
- Cervical dysplasia (abnormal cell growth on the cervix) screening
- Cholesterol and lipid (fat) levels screening
- Development and behavior screening
- Diabetes screening (type 2)
- Hearing screening
- Height, weight, and BMI measurements
- Hemoglobin or hematocrit (blood count) screening
- Hepatitis B screening
- HIV screening
- Lead testing
- Newborn screening
- Obesity: related screening and counseling
- Ocular prophylaxis for Gonococcal Ophthalmia Neonatorum: Preventive medication: newborns
- Oral (dental health) assessment, when done as part of a preventive care visit
- Sexually transmitted infections: related screening and counseling
- Skin cancer counseling for those ages 6 months to 24 years with fair skin
- Sudden cardiac arrest/death risk assessment
- Tobacco, alcohol, and drug use assessments
- Vision screening for those ages 6 months to 5 years



Immunizations:

- Chickenpox
- Flu
- Haemophilus influenza type B (HIB)
- Hepatitis A and hepatitis B
- Human papillomavirus (HPV)
- Meningitis
- Measles, mumps, and rubella (MMR)
- Pneumonia
- Polio
- Respiratory syncytial virus (RSV)
- Rotavirus
- Severe acute respiratory syndrome coronavirus 2 (SARS CoV 2)(COVID-19)
- Whooping cough

Coverage for pharmacy items

For 100% coverage of your over-the-counter (OTC) drugs and other pharmacy items listed here, you must:

- Meet certain age requirements and other rules
- Receive and fill prescriptions from doctors, pharmacies, or other healthcare professionals in your plan's network
- Have prescriptions, including for OTC items

Women's preventive drugs and other pharmacy items (age appropriate):

- Breast cancer risk-reducing medications, such as tamoxifen, raloxifene, and aromatase inhibitors, that follow the U.S. Preventive Services Task Force criteria²
- Contraceptives, including generic prescription drugs and OTC items like female condoms and spermicides^{7,8}
- Folic acid for women ages 55 or younger who are planning to become pregnant
- Low-dose aspirin (81 mg) for pregnant women who have an increased risk of preeclampsia

Adult preventive drugs and other pharmacy items (age appropriate):

- Colonoscopy prep kit (generic or OTC only) when prescribed for preventive colon screening for members ages 45 to 75
- Generic low-to-moderate dose statins for members ages 40 to 75 who have one or more CVD risk factors (dyslipidemia, diabetes, hypertension, or smoking)
- Preexposure prophylaxis (PrEP) for the prevention of HIV
- Tobacco cessation products, including all FDA-approved brand-name and generic OTC and prescription products, for members ages 18 and older

Child preventive drugs and other pharmacy items (age appropriate):

- Dental fluoride varnish to prevent tooth decay in children ages 5 and younger
- Fluoride supplements for children ages 6 and younger

If you'd like more help understanding your preventive care benefits, call the Member Services number on your health plan ID card. For a complete list of covered preventive drugs under the Affordable Care Act, view the *Preventive ACA Drug List* flyer, available at [anthem.com/pharmacyinformation](https://www.anthem.com/pharmacyinformation).

¹ The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your certificate of coverage or call the Member Services number on your ID card.

² You may be required to receive preapproval for these services.

³ The Centers for Disease Control and Prevention (CDC)-recognized diabetes prevention programs are available for overweight or obese adults with abnormal blood glucose or who have abnormal CVD risk factors.

⁴ Some plans cover additional vision services. Please see your contract or certificate of coverage for details.

⁵ Check your medical policy for details.

⁶ Breast pumps and supplies must be purchased from suppliers or retailers in your plan's network for 100% coverage. We recommend using plan durable medical equipment (DME) suppliers.

⁷ This benefit also applies to those younger than age 19.

⁸ You may pay a share of cost for other prescription contraceptives, based on your drug benefits. Your cost share may be waived if your doctor decides that using the multisource brand or brand name is medically necessary.

⁹ Counseling services for breastfeeding (lactation) can be provided or supported by a doctor or facility in your plan's network, such as a pediatrician, OB-GYN, or family medicine doctor, and hospitals with no member cost share (deductible, copay or coinsurance). Contact the provider to see if such services are available.

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PreventiveRx Plus Drug List

PreventiveRx Plus Plan (National)



PreventiveRx covers drugs that may keep you healthy because they may prevent illness and other health conditions. You can get the products on this list at low or no cost to you depending on your benefit.

This list includes only prescription products. Brand-name drugs are listed with a first capital letter. Non-brand drugs (generics) are in lowercase letters.

Most brand-name drugs that have a generic equivalent available are not covered under this PreventiveRx benefit.

All drugs* listed below are covered for plans with the National Drug List. If your plan has a different drug list, please check to see if these drugs are included on your drug list. PreventiveRx Plus drugs are only covered if they are included on your specific drug list.

*Some drugs and supplies may be excluded from your benefits. Please refer to your Certificate or Evidence for Coverage for coverage limitations and exclusions.

Please note: The drug list is subject to change and all previous versions of the drug list are no longer in effect.

This list is not all-inclusive; but many examples of preventive medications in each category are listed.

ASTHMA

Arnuity Ellipta
Breo Ellipta
breyna
budesonide inhalation suspension
budesonide/formoterol aerosol
Flovent Diskus
Flovent HFA
fluticasone HFA
fluticasone diskus (generic for Flovent Diskus)
fluticasone/ salmeterol HFA (generic for Advair HFA)
fluticasone/ salmeterol powder (generic for Advair Diskus)
fluticasone/ salmeterol powder (generic for Airduo RespiClick)
fluticasone/ vilanterol
QVAR RediHaler
Trelegy Ellipta
wixela inhub

DIABETES

{Diabetic supplies including blood glucose meters, test strips and lancets require a prescription to be covered by this plan. Only blood glucose meters & blood glucose test strips

for OneTouch and Accu-Chek products will be covered by this benefit. Continuous Glucose Monitors (CGMs) are not included in PreventiveRx Coverage.

acarbose
alogliptin
alogliptin/metformin
alogliptin/pioglitazone
Farxiga
glimepiride (1mg, 2 mg, 4mg)
glipizide
glipizide ER/XL
glipizide/ metformin
glyburide
glyburide micronized
glyburide/ metformin
Glyxambi
Humalog
Humalog Junior KwikPen
Humalog KwikPen
Humalog Mix 50/50
Humalog Mix 50/50 KwikPen
Humalog Mix 75/25
Humalog Mix 75/25 KwikPen
Humulin 70/30
Humulin 70/30 KwikPen
Humulin N

Humulin N KwikPen
Humulin R
Humulin R KwikPen
Insulin Glargine (100U/ml)
Insulin Glargine Solostar (100U/ml)
Insulin Lispro
Insulin Lispro Junior KwikPen
Insulin Lispro KwikPen
Insulin Lispro Protamine
Janumet
Janumet XR
Januvia
Jardiance
Lantus
Lantus SoloStar
Lyumjev
Lyumjev KwikPen
metformin (500 mg, 850 mg, 1000 mg)
metformin ER (Generic for Glucophage XR)
miglitol
Mounjaro
nateglinide
Ozempic
pioglitazone
pioglitazone/ glimepiride
pioglitazone/ metformin
repaglinide
Rybelsus
Soliqua

SymlinPen
Synjardy
Synjardy XR
Toujeo Max
Toujeo SoloStar
Tresiba
Tresiba Flextouch
Trijardy XR
Trulicity
Xigduo XR
Xultophy

HEART HEALTH AND HIGH BLOOD PRESSURE

acebutolol
amlodipine/ benazepril
atenolol
atenolol/ chlorthalidone
benazepril
benazepril/ hctz
betaxolol
bisoprolol fumarate
bisoprolol fumarate/ hctz
captopril
captopril/ hctz
carvedilol
carvedilol ER
enalapril oral solution
enalapril tablets
enalapril/ hctz
fosinopril sodium
fosinopril/ hctz
labetalol

PreventiveRx Plus Drug List

PreventiveRx Plus Plan (National)



lisinopril
 lisinopril/ hctz
 metoprolol succinate
 ER
 metoprolol tartrate
 metoprolol tartrate/
 hctz
 moexipril
 nadolol
 nebivolol
 perindopril
 pindolol
 propranolol
 propranolol ER
 quinapril
 quinapril/ hctz
 ramipril
 sorine
 sotalol
 sotalol AF
 timolol tablets
 trandolapril
 trandolapril/
 verapamil

HIGH CHOLESTEROL

atorvastatin
 atorvastatin/
 amlodipine
 ezetimibe/
 simvastatin
 fluvastatin
 lovastatin
 pravastatin
 rosuvastatin
 simvastatin

MENTAL HEALTH

citalopram solution

citalopram tablets
 escitalopram
 fluoxetine capsules
 fluoxetine solution
 fluoxetine tablets
 fluoxetine DR
 fluvoxamine
 fluvoxamine ER
 paroxetine
 paroxetine ER
 sertraline tablets
 Trintellix

OSTEOPOROSIS

alendronate
 amabelz
 calcitonin- salmon
 Climara Pro
 Combipatch
 dotted
 estradiol patch
 estradiol tablets
 estradiol/
 norethindrone
 Fosamax Plus D
 Fyavolv
 ibandronate tablets
 jinteli
 lyllana
 mimvey
 norethindrone-ethinyl
 estradiol
 Premarin tablets
 Premphase
 Prempro
 raloxifene
 risedronate
 risedronate DR

This list may change without notice which may affect your benefit coverage. To be sure your medication is covered under the PreventiveRx benefit, call the member services number located on your ID card.

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05509MUMENABS-1.1 Rev. 1/1/2025



Your health plan now includes a yearly eye exam at **no added cost**



Regular eye exams provide a unique opportunity to find and detect serious health conditions like high blood pressure, heart disease, and diabetes, so we are including a comprehensive eye exam in your medical coverage. Discovering these conditions early on when they are easier to treat can help keep you healthier and lower your healthcare costs.

This eye exam is included at no extra cost through your medical plan.



Expanded benefits to cover your whole health

175,000 people were identified with a high-risk health condition through an Anthem vision claim in 2021.*

This eye exam is offered through Anthem's Blue View Vision network

- Dedicated vision providers with proven expertise
- More than 40,000 eye doctors to choose from
- 30,000+ locations nationwide, including independent optometrists and ophthalmologists, and vision retail stores

Details of your new benefit

Your new eye exam is all-inclusive with dilation and refraction. The benefit can be used once during each calendar or plan year. This plan also provides discounts on glasses and contacts at in-network eye care providers.

For more information, refer to your health plan benefit information or contact your human resources department. Or visit **anthem.com** or download the SydneySM Health mobile app for benefit information when and where you need it.

*Anthem internal data, 2022.

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1037428MUMENABS BV Rev. 08/22

Protecting your privacy

How we keep your information safe and secure

As a member, you have the right to expect us to protect your personal health information. We take this responsibility very seriously, following all state and federal laws, as well as our own policies.

You also have certain rights and responsibilities when receiving your healthcare. To understand how we protect your privacy, rights, and responsibilities when receiving healthcare, and your rights under the Women's Health and Cancer Rights Act, go to [anthem.com/privacy](https://www.anthem.com/privacy). For a printed copy, please contact your benefits administrator or Human Resources representative.

How we help manage your care

To see if your health benefits will cover a treatment, procedure, hospital stay, or medicine, we use a process called utilization management (UM). Our UM team is made up of doctors and pharmacists who want to be sure you receive the best treatments for certain health conditions. They review the information your doctor sends us before, during, or after your treatment. We also use case managers. They're licensed healthcare professionals who work with you and your doctor to help you manage your health conditions. They also help you better understand your health benefits.

For additional information about how we help manage your care, go to [anthem.com/memberrights](https://www.anthem.com/memberrights). To request a printed copy, please contact your benefits administrator or Human Resources representative.

Special enrollment rights

Open enrollment usually happens once a year. That's the time you can choose a plan, enroll in it, or make changes to it. If you choose not to enroll, there are special cases when you're allowed to enroll during other times of the year:

- **If you had another health plan that was canceled.** If you, your dependents, or your spouse are no longer eligible for benefits with another health plan (or if the employer stops contributing to that health plan), you may be able to enroll with us. You must enroll within 31 days after the other health plan ends (or after the

employer stops paying for the plan). For example: You and your family are enrolled through your spouse's health plan at work. Your spouse's employer stops paying for health coverage. In this case, you and your spouse, as well as other dependents, may be able to enroll in one of our plans.

- **If you have a new dependent.** You gain new dependents from a life event, such as marriage, birth, adoption, or if you have custody of a minor and an adoption is pending. You must enroll within 31 days after the event. For example: If you marry, your new spouse and any new children may be able to enroll in a plan.
- **If your eligibility for Medicaid or SCHIP changes.** You have a special period of 60 days to enroll after:
 - You (or your eligible dependents) lose Medicaid or the State Children's Health Insurance Program (SCHIP) benefits because you're no longer eligible.
 - You (or your eligible dependents) become eligible to receive help from Medicaid or SCHIP for paying part of the cost of a health plan with us.

For full details, read your plan document, which has all the details about your plan. You can find it on [anthem.com](https://www.anthem.com).

We're here for you – in many languages

The law requires us to include a message in all of these different languages. Curious what they say? Here's the English version: "You have the right to get help in your language for free. Just call the Member Services number on your ID card." Visually impaired? You can also ask for other formats of this document.

Spanish

Usted tiene derecho a recibir ayuda en su idioma en forma gratuita. Simplemente llame al número de Servicios para Miembros que figura en su tarjeta de identificación.

Chinese

您有權免費獲得透過您使用的語言提供的幫助。請撥打您的ID 卡片上的會員服務電話號碼。若您是視障人士，還可索取本文件的其他格式版本。

Vietnamese

Quý vị có quyền nhận miễn phí trợ giúp bằng ngôn ngữ của mình. Chỉ cần gọi số Dịch vụ dành cho thành viên trên thẻ ID của quý vị. Bị khiếm thị? Quý vị cũng có thể hỏi xin định dạng khác của tài liệu này."

Korean

귀하는 자국어로 무료지원을 받을 권리가 있습니다. ID 카드에 있는 멤버 서비스번호로 연락하십시오.

Tagalog

May karapatan ka na makakuha ng tulong sa iyong wika nang libre. Tawagan lamang ang numero ng Member Services sa iyong ID card. May kapansanan ka ba sa paningin? Maaari ka ring humiling ng iba pang format ng dokumentong ito.

Russian

Вы имеете право на получение бесплатной помощи на вашем языке. Просто позвоните по номеру обслуживания клиентов, указанному на вашей идентификационной карте. Пациенты с нарушением зрения могут заказать документ в другом формате.

Armenian

Դուք իրավունք ունեւ ստանալ անվճար օգնություն ձեր լեզվով: Պարզապես զանգահարեք Անդամների սպասարկման կենտրոն, որի հեռախոսահամարը նշված է ձեր ID քարտի վրա:

Farsi

“شما این حق را دارید تا به صورت رایگان به زبان مادری تان کمک دریافت کنید. کافی است با شماره خدمات اعضا (Member Services) درج شده روی کارت شناسایی خود تماس بگیرید.” دچار اختلال بینایی هستید؟ می توانید این سند را به فرمت های دیگری نیز درخواست دهید.

French

Vous pouvez obtenir gratuitement de l'aide dans votre langue. Il vous suffit d'appeler le numéro réservé aux membres qui figure sur votre carte d'identification. Si vous êtes malvoyant, vous pouvez également demander à obtenir ce document sous d'autres formats.

Arabic

لك الحق في الحصول على مساعدة بلغتك مجاناً. ما عليك سوى الاتصال برقم خدمة الأعضاء الموجود على بطاقة الهوية. هل أنت ضعيف البصر؟ يمكنك طلب أشكال أخرى من هذا المستند.

Japanese

お客様の言語で無償サポートを受けることができます。IDカードに記載されているメンバーサービス番号までご連絡ください。

Haitian

Se dwa ou pou w jwenn èd nan lang ou gratis. Annik rele nimewo Sèvis Manm ki sou kat ID ou a. Èske ou gen pwoblèm pou wè? Ou ka mande dokiman sa a nan lòt fòm tou.

Italian

Ricevere assistenza nella tua lingua è un tuo diritto. Chiama il numero dei Servizi per i membri riportato sul tuo tesserino. Sei ipovedente? È possibile richiedere questo documento anche in formati diversi.

Polish

Masz prawo do uzyskania darmowej pomocy udzielonej w Twoim języku. Wystarczy zadzwonić na numer działu pomocy znajdujący się na Twojej karcie identyfikacyjnej.

Punjabi

ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਮੁਫਤ ਵਿੱਚ ਮਦਦ ਹਾਸਲ ਕਰਨ ਦਾ ਅਧਿਕਾਰ ਹੈ। ਬਸ ਆਪਣੇ ਆਈਡੀ ਕਾਰਡ ਤੇ ਦਿੱਤੇ ਸਰਵਿਸ ਨੰਬਰ ਤੇ ਕਾਲ ਕਰੋ। ਨਜ਼ਰ ਕਮਜ਼ੋਰ ਹੈ? ਤੁਸ ਇਸ ਦਸਤਾਵੇਜ਼ ਦੇ ਹੋਰ ਰੂਪਾਂਤਰ ਮੰਗ ਸਕਦੇ ਹੋ।

TTY/TTD:711

It's important we treat you fairly

We follow federal civil rights laws in our health programs and activities. By calling Member Services, our members can get free in-language support, and free aids and services if you have a disability. We don't discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability. For people whose primary language isn't English, we offer free language assistance services through interpreters and other written languages. Interested in these services? Call the Member Services number on your ID card for help (TTY/TDD: 711). If you think we failed in any of these areas, you can mail a complaint to: Compliance Coordinator, P.O. Box 27401, Mail Drop VA2002-N160, Richmond, VA 23279, or directly to the U.S. Department of Health and Human Services, Office for Civil Rights at 200 Independence Avenue, SW; Room 509F, HHH Building; Washington, D.C. 20201. You can also call 1-800- 368-1019 (TDD: 1-800-537-7697) or visit <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>.

Your notes

Important things to remember

[illegible]

Your notes

Important things to remember

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Your benefits administrator or Human Resources representative will contact you with step-by-step instructions on how to enroll in your Anthem health plan.



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

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.

Virtual text and video visits powered by K Health. LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

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 underwrites or administers HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.