



## Anthem Value-Added Programs PPO / EPO Plans

### Employer Reference Guide

Flyers specifically tailored for each Anthem value-added program can be found at:  
[Anthem Value-Added Programs | PACE](#)

#### 24/7 NurseLine

**Program overview:** Provides employees and dependents with round-the-clock access to registered nurses for medical questions, care recommendations, help finding providers, enrollment in care programs, and reminders about preventive screenings.

**How employees access this benefit:** Employees call (800) 337-4770 to connect with a registered nurse anytime, day or night.

#### BlueCard® PPO (Nationwide Access)

**Program overview:** Provides PPO members access to in-network doctors and hospitals across the United States while traveling or living away from home.

**How employees access this benefit:** Employees use [www.anthem.com](http://www.anthem.com), the Sydney Health app, or call Member Services using the number on their ID card.

#### Blue Cross Blue Shield Global Core®

**Program overview:** International coverage that helps employees access care from doctors and hospitals in nearly 190 countries while traveling or living abroad.

**How employees access this benefit:** Visit [www.bcbsglobalcore.com](http://www.bcbsglobalcore.com) or call (800) 810-2583; or collect at (804) 673-1177.

#### Building Healthy Families

**Program overview:** A digital family and maternity support program offering personalized tools, education, trackers, and support for every stage from family planning through early childhood.

**How employees access this benefit:** Employees can access the program by logging in to [www.anthem.com/ca](http://www.anthem.com/ca) or through the Sydney Health app. Employees may also connect with a Family Care Advocate within the Sydney Health app for additional support and guidance.



### ConditionCare

**Program overview:** A no-cost care management program offering nurse support, education, and resources for employees managing chronic conditions such as diabetes, heart disease, asthma/COPD, and other ongoing health needs.

**How employees access this benefit:** Employees call (866) 962-0957 to access the ConditionCare program at no extra cost.

### EmpiRx Pharmacy Benefits

**Program overview:** EmpiRx Health provides pharmacy benefit management services for Anthem PPO and EPO plans as a carve-out program. The program offers access to a national network of pharmacies, mail order services for maintenance medications, and specialty pharmacy support for complex conditions.

**How employees access this benefit:** Employees can access their pharmacy benefits by presenting their EmpiRx Health ID card at participating pharmacies, logging in to the member portal at [www.myempirxhealth.com](http://www.myempirxhealth.com), or calling EmpiRx Health Member Services at (877) 323-0567 (TDD: 711).

### Emotional Well-being Resources

**Program overview:** Digital emotional well-being resources built on Cognitive Behavioral Therapy (CBT) principles, offering self-guided programs, coaching support, and tools to help employees manage stress, anxiety, depression, sleep challenges, and overall mental wellness.

**How employees access this benefit:** Employees can log in to [www.anthem.com/ca](http://www.anthem.com/ca), go to the Sydney Health dashboard under Featured Programs, and select Emotional Well-being Resources, or access the program through the Sydney Health mobile app.

### Flu Shot (Seasonal Influenza Vaccine)

**Program overview:** In-network seasonal flu vaccinations are covered as preventive care, helping protect employees and their families from influenza-related illness and complications.

**How employees access this benefit:** Employees may receive a flu shot at an in-network pharmacy or provider. Use [www.anthem.com](http://www.anthem.com) or the Sydney Health app to locate participating pharmacies.

### Hinge Health® Musculoskeletal Program

**Program overview:** A digital musculoskeletal program providing personalized exercise therapy and health coaching to help employees manage joint, muscle, and back pain.

**How employees access this benefit:** Eligible employees can learn more about this program by visiting [hinge.health/enroll-now](http://hinge.health/enroll-now) or by calling (855) 902-2777.



### **Lark® Diabetes Prevention Program**

**Program overview:** A CDC-recognized digital lifestyle change program that helps eligible employees reduce their risk of developing type 2 diabetes.

**How employees access this benefit:** Employees visit [www.lark.com/anthemca](http://www.lark.com/anthemca) and complete a brief eligibility survey.

### **LiveHealth Online / Virtual Care**

**Program overview:** 24/7 access to virtual doctor visits for common medical concerns, offering convenient care without an in-person appointment.

**How employees access this benefit:** Access through the Sydney Health app or by logging in at [www.anthem.com](http://www.anthem.com).

### **LiveHealth Online® Behavioral Health**

**Program overview:** Expanded virtual services offering access to licensed therapists and board-certified psychiatrists for counseling, therapy, and medication management.

**How employees access this benefit:** Employees log in to [www.anthem.com](http://www.anthem.com) or the Sydney Health app, select Virtual Care, and choose Behavioral Health.

### **Rula – Virtual Behavioral Health Network**

**Program overview:** Provides in-network access to licensed therapists through a digital platform that offers fast appointment scheduling, personalized provider matching, and measurement-based care to support mental health needs.

**How employees access this benefit:** Employees visit [www.rula.com/pace](http://www.rula.com/pace) to search for in-network providers, review available therapists, and schedule an appointment online in minutes.

### **Preventive Care Benefits**

**Program overview:** A comprehensive set of in-network preventive services available at no cost, including annual exams, screenings, immunizations, and select preventive medications.

**How employees access this benefit:** Employees schedule care with in-network providers or visit [www.anthem.com](http://www.anthem.com) for details.

### **SpecialOffers (Member Discounts)**

**Program overview:** Exclusive discounts on vision, hearing, fitness, wellness products, fertility support, pet insurance, and more.



**How employees access this benefit:** Employees log in to [www.anthem.com](http://www.anthem.com) and navigate to Care > Select > SpecialOffers.

### **Sydney Health® Mobile App**

**Program overview:** Anthem's all-in-one digital platform for managing benefits, finding care, accessing virtual services, viewing ID cards, and tracking claims.

**How employees access this benefit:** Employees can register through the Sydney Health app or online at [www.anthem.com/ca/register](http://www.anthem.com/ca/register). Once registered, the same username and password can be used on both the app and desktop website.