



## Anthem Value-Added Programs HDHP (HSA) 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; 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.

## CarelonRx Pharmacy & Home Delivery

**Program overview:** Provides pharmacy benefits that help employees manage prescriptions through local network pharmacies, digital pharmacy tools, and convenient home delivery services. Employees can compare medication costs, find pharmacies, track prescriptions and prior authorizations, and receive up to a 90-day supply of eligible maintenance medications through home delivery with automatic refill options and pharmacist support.

**How employees access this benefit:** Employees log in to [www.anthem.com/ca](http://www.anthem.com/ca) or the Sydney Health app, navigate to Prescriptions, and select options to transfer existing prescriptions or request new home delivery prescriptions. Employees may also contact CarelonRx customer service at (833) 396-0309.

## 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](https://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](https://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](https://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](https://www.anthem.com) or the Sydney Health app, select Virtual Care, and choose Behavioral Health.

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

**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](https://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.