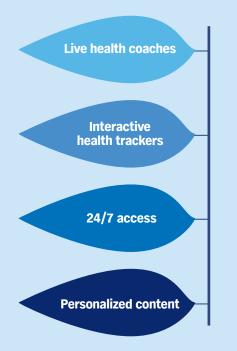


Benefits to help you thrive







## Building Healthy Families



A new program to support growing families

Every family grows in its own way. That's part of what makes each one unique. Anthem's new, all-in-one program, at no extra cost to you, can help your family grow strong whether you're trying to conceive, expecting a child, or in the thick of raising young children.

Building Healthy Families offers personalized, digital support through the Sydney<sup>SM</sup> Health mobile app or on **anthem.com**. This convenient hub offers an extensive collection of tools and information to help you navigate your family's unique journey.

## Designed with you in mind

When you enroll in Building Healthy Families, you can count on personalized support at every stage. You'll have unlimited access to:

Digital tools and resources for pregnancy and beyond

- Track your ovulation.
- Monitor prenatal health risks, such as blood pressure and weight.
- Receive updates on your pregnancy progress, like development of your baby and body changes.
- Log feedings, diaper changes, growth, vaccinations, and developmental milestones.

## Health and wellness expertise for your family and pregnancy

- Talk to a health coach via chat or phone during pregnancy about your questions and concerns.
- Explore a library with thousands of educational articles and videos.
- Connect with a maternity nurse and access lactation support.

This is an exciting time for your family, but that doesn't mean there aren't challenges. Building Healthy Families has the support you need to nurture a healthy pregnancy and tackle every stage of your family's growth with confidence.



## To enroll

Beginning January 1, open the Sydney Health mobile app and go to *My Health* Dashboard. Choose the Building Healthy Families tile under *Featured Programs*. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. @2020-2022

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMD products underwritten by HMD Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to antema.com/confectivorkaccess. In Connecticut: Anthem Health Plans, Inc. In Georgia: Suite Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky. Inc. In Maine: Anthem Health Plans of Kentucky. Company, HALC), and HMD Missouri, Inc. RTI and certain affiliates administer non-HMD benefits underwritten by HALC and HMD benefits underwritten by HMD Missouri, Inc. RTI and certain affiliates administer non-HMD benefits underwritten by HALC and HMD benefits underwritten by HMD Missouri, Inc. RTI and certain affiliates administer non-HMD benefits underwritten by HALC and HMD benefits underwritten by HMD Colorado, Inc., Anthem Health Plans of New Hampshire, Inc. and underwritten by MALC and HMD benefits underwritten by HMD Colorado, Inc., Maines are administer and the area soft services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMD products underwritten by HMD Colorado, Inc., and HMD kreada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, and its service area is all of Virginia expect for the City of Farifax, the Town of Vienna, and the area east of State Route 12.2.1. Missoonsin: Bube Cross Bube Shield O Viscosmic (BCSBW). Underwrittes or administers PPI and indemity tipolicies and underwrites the out of network benefits in PDS policies. Independent lisensees of the Blue Cross and Blue Shield of Viscosmic (BCSBW). Inderwritters or administers VIMI Priority HMD or POS policies. Independent lisensees of the Blue Cross and Bl