



Anthem 
And Its Affiliate HealthKeepers, Inc.

Building Healthy Families



A new program to support growing families

Benefits to help you thrive

Live health coaches

Interactive health trackers

24/7 access

Personalized content

Every family is unique, growing in its own way. Anthem's new, all-in-one program, at no extra cost to you, can help keep your family 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 SydneySM Health mobile app or on [anthem.com](https://www.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 the progress of your pregnancy such as the baby's development and your body changes.
- Log feedings, diaper changes, growth, vaccinations, and developmental milestones.



Health and wellness expertise for your family and pregnancy

- During pregnancy, talk to a health coach via chat or phone 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.



Building Healthy Families is coming January 1, 2023

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*.

The more activities you complete, the greater your reward.

When you complete any of the activities listed below sponsored by VBA, you'll earn rewards to put toward electronic gift cards for select retailers. You choose the activities you'd like to complete to receive the maximum of \$400:

- Member profile - \$100
- Initial assessment - \$100
- Interim assessment - \$100
- Postpartum assessment - \$100

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

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