

Making your virtual health a reality

These days, many of us are doing more and more online. That's why Anthem Blue Cross and IBEW Local 234 Health and Welfare Trust are dedicated to offering unique, accessible services through virtual means so that we can help you reach your health goals.



Check out some of the virtual services we have available to members:

Telehealth programs

These services let you have a video visit with a doctor or a licensed therapist from the comfort and privacy of home. Our LiveHealth Online program, for instance, allows you to use your smartphone, tablet or computer to get the care you need. This service is free for you and can be accessed by signing up at livehealthonline.com.

SilverSneakers®* online classes

Attend online classes offered by fitness locations and stay engaged through the SilverSneakers GO™ app. Or, work out at your pace with SilverSneakers On-Demand™ classes. You can even join Facebook Live classes at www.facebook.com/silversneakers/.

Mobile app and personalized member website upgrades

Your personalized online account and Sydney Health mobile app link together to offer you many new and enhanced features. Turn this page over to learn about mobile prescription benefits, your Care Team and more!

Better health is just a click away

The following helpful tools are available on your mobile app and personalized online account at www.anthem.com/ca:

- **My Care Team:** You can review the providers you have recently visited, add or delete providers, view provider contact information and keep track of your Care Team all in one place.
- **My Family Health Record (myFHR):** This simple tool lets you view your medical records from each doctor or specialist all in the same place at the same time. Plus, you can share your health information with designated family members or caregivers so they have access to your medical records whenever they are helping you.
- **Chat:** Our chatbot feature is available through your Sydney Health app to help with quick questions you may have.



Want to stay in touch?

Make sure you include your email after logging in to your account and opt in to receive emails from your health plan. If you have questions, call the number on the back of your plan membership card. If you have not yet enrolled in the plan, you can call our First Impressions team at **1-833-848-8729 (TTY: 711)**, Monday to Friday, 8 a.m. to 9 p.m ET.

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We do not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, sex, age or disability in our health programs and activities.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-833-848-8729 (TTY: 711)**。

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-833-848-8729 (TTY: 711)**.

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