



Delaware County Health & Wellness Programs 2025





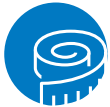
Health and wellness programs



Become more engaged in your health.



Make better healthcare decisions.



Reach your health goals.



Save money on health-related products and services.



After your benefits start, visit [anthem.com](https://www.anthem.com), or call the Member Services number on your ID card or mobile app to take part in these programs.



Importance of having a PCP



- A primary care provider (PCP) serves as your main doctor and is your first stop when you need care.
- They know your health history and can connect the dots quickly if you have a health issue.
- A PCP helps you stay healthy with preventive care and can help manage chronic conditions and medications.
- They help ensure tests aren't needlessly repeated, your medicines work well together, and your other doctors agree on your health needs.
- Call your PCP first when you have an illness, minor injury, or flare-up of a chronic condition. They can advise you where to go for care.
- When making appt. be sure you ask for *annual preventive visit*, so the visit is covered in full, and you earn your reward.



If you haven't done so already... register today!



Register on our Sydney Health app or through our website at **[anthem.com/register](https://www.anthem.com/register)** so your account is ready to use when you need it.
Have your plan ID card ready to get started.

- 1 Download the app and select **Register new account** or go to **[anthem.com/register](https://www.anthem.com/register)**.
- 2 Select your identification type (in most cases, this is your member ID).
- 3 Enter your plan ID number, full name, and date of birth.
- 4 Follow the one-time security prompt and create a username and password.
(You'll use the same login information when you log in to either the app or website.)
- 5 Review your information to complete your registration.

Need help signing up? Call the Member Services number on the back of your Anthem ID card.
If you've signed up previously and are having difficulty, contact Sydney Tech Support at 866-755-2680.



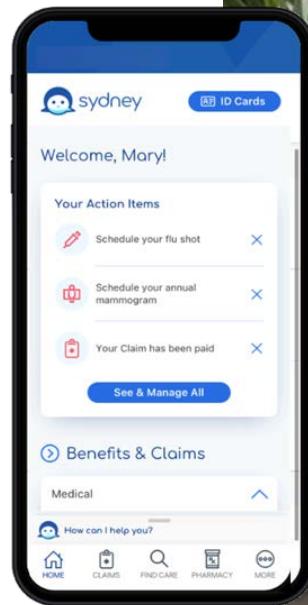
Sydney Health app; your personal health assistant



Download and register on the Sydney Health app to take full advantage of your Anthem plan.

Use it to:

- Find care and check costs.
- See all your benefits.
- View claims and payment information.
- View and use digital ID cards.
- Manage prescriptions.
- Get answers quickly with the interactive chat feature.
- Access virtual care.
- Access wellness resources.
- Sync with your fitness tracker.
- Reach Member Services for support.





Anthem  

County Employee Benefit
Consortium of Ohio
CEBCO
Health & Wellness

CEBCO Rewards 200

Focus on your wellbeing and earn up to \$200



- Anthem covered employees and their covered spouses can each earn up to \$200.
- Complete any of the activities sponsored by your employer and you'll earn rewards to put toward electronic gift cards for select retailers.
- Program runs August 15, 2024, and June 30, 2025.
- Redeem your rewards on the Sydney Health mobile app or anthem.com, under "MyHealth Dashboard" and then select "My Rewards".



CEBCO Rewards 200

Examples



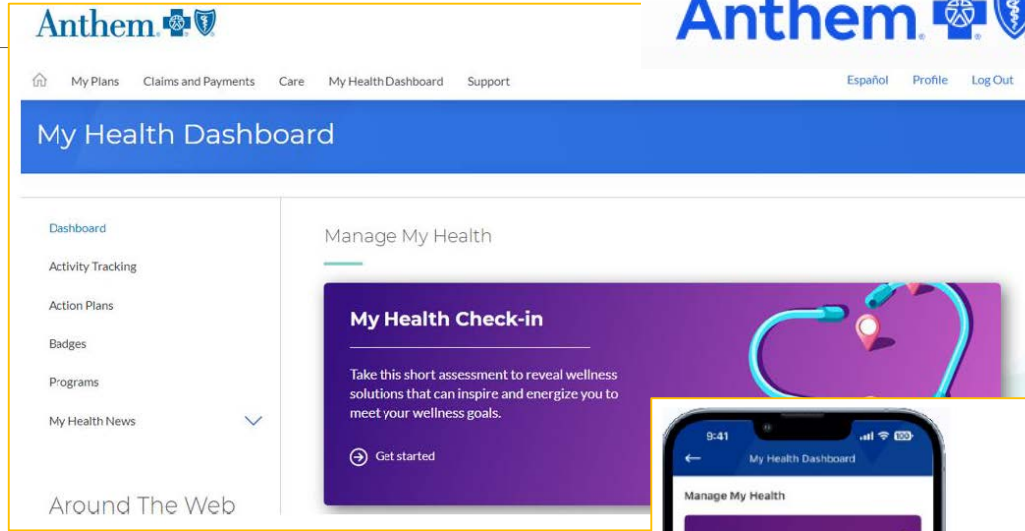
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Preventive Care	Condition Management	Digital & Wellness Activities
Annual preventive wellness exam \$50	Diabetic A1c Lab Test \$25 <i>Two separate tests for those diagnosed with diabetes</i>	Log Active Minutes Max of \$50
Annual cholesterol test \$25 <i>(Men over 35 and Women over 40)</i>	Complete the Condition Care program \$25	Mammogram \$25
Colorectal cancer screening (ages 45 and older) \$25	Prostate Exam \$25	Anthem Health Check-in \$25
Skin Cancer Screening \$25	Log in to Sydney \$25	Participate in a Team Challenge \$25 each, up to \$100

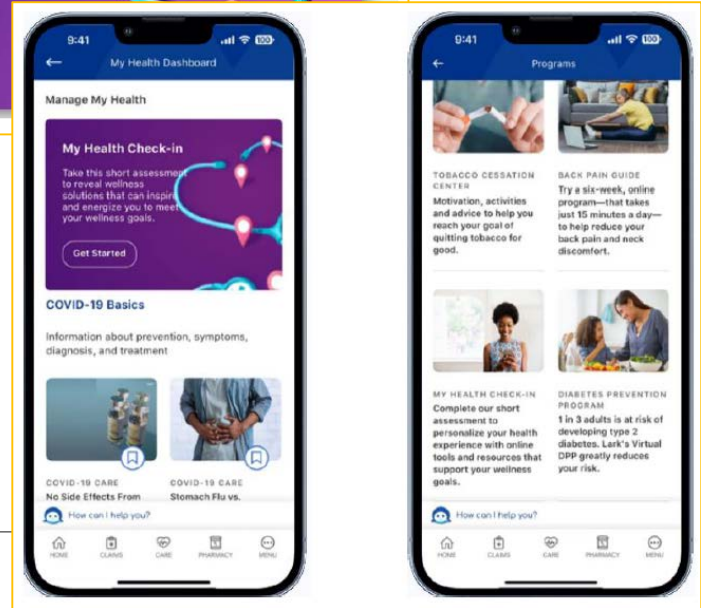


My Health Check-In Assessment



Complete your My Health Check-in through the Sydney Health app or **anthem.com**.

\$25 Reward





SWORD

- Solving for pain holistically
- MSK is a common problem – **50% of people suffer from MSK pain**
- This solution gives access to care that's convenient
- No cost, no referral, and does not count towards PT visits
 - Enroll in the program
 - Provide clinical information so the PT can tailor the program to you
 - Select PT, schedule first visit, and receive your Kit (tablet and motion sensors)
 - Complete digital sessions





SWORD FAQs



- How long does the program last? *There is no fixed time, but typically 8-12 weeks.*
- How long do sessions last? *Usually 20-30 minutes.*
- How often do I perform the sessions? *We recommend 3 to 5 days per week.*
- Can I continue after the initial period? *Yes, and you can keep your digital therapy kit.*
- How do I contact my PT? *Through the chat feature on the app, video calls, or by phone.*



Diabetes Prevention Program

Anthem and Lark have come together to offer this 12-month weight loss program that can help you lose weight and reduce your risk for diabetes.

Get personalized 24/7 coaching to help you:

- Lose weight.
- Manage stress.
- Eat healthier.
- Sleep better.
- Increase activity.



**Eligible
participants:
Age 18+**



**Take the 1-minute Questionnaire at
[Lark.com/anthem](https://lark.com/anthem)**

Use the Sydney Health app to complete the Lark prediabetes survey by going to **My Health Dashboard** and searching for **Lark Diabetes Prevention Program** under *Programs*.



ConditionCare

\$25 Reward

24/7 access to a nurse care manager if you have:

- Asthma
- COPD
- Diabetes
- Heart Disease or Heart Failure

The nurse care manager can help you:

- Manage your condition.
- Follow your doctor's care plan.
- Provide information to help you recover.
- You also have additional support from dietitians, health educators, and pharmacists.



Sign up for **ConditionCare** in just a few minutes. Call member services to learn how this no-cost program can help you take care of your health.



Pharmacy Tools

Save time and effort filling your regular prescriptions

- RxMaintenance 90: Get a 90-day supply of maintenance medications at select pharmacies (Kroger, CVS, Walmart) or through home delivery.
- Medications are delivered to your home or any location you chose.
- Track your orders online and set up reminders and automatic refills.
- Savings! Many medications cost less when you fill a 90-day supply instead of three 30-day supplies.
- Shipping is free.





Member Services

Have a questions?
We're happy to help.

Please call the number on your member ID card or log in to start a Live Chat.

8 am to 5 pm EST

- ***Member Services: 855-603-7982***
- ***24/7 Pharmacy Member Services: 833-930-1772***
- ***CarelonRx Specialty Pharmacy: 833-255-0645***
- ***CarelonRx Pharmacy Mail Order: 833-396-0309***



Anthem 

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Thank you