

# How to Navigate your Wellness Experience in Sydney



# Locating your Wellness Experience

From your home page select "Menu" in the bottom right corner



Once on the Menu, scroll down and select "My Health Dashboard"

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Your Plans	ACCESS CARE
Pharmacy >	Q Find Care
Spending Accounts >	🖾 Virtual Visit
RE ID Cards	💝 Optimize Your Care
Health Pass >	Resources
CLAIMS & PAYMENTS	😤 Care Team
Claims History	💍 My Health Dashboard
■ Explanation of Benefits Center >	🛱 My Health Records
	Manage Appointments
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How can I help you?	How can I help you?
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Once on My Health Dashboard, scroll down to the "Incentives" section

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# Locating your Rewards From the Menu page

Select "My Rewards" from the Incentives menu on My Health Dashboard

9:56 🛡 🛸 41 187% My Health Dashboard Incentives Improved health is its own achievement, but we're offering bonuses. CHALLENGES Engage in Team or Peer-to-Peer challenges creating a fun, social and rewarding work environment. MY REWARDS The more target goals you complete, the greater your reward. **REDEEM REWARDS** Your hard work paid off! Visit the store to select your gifts. BADGES How can I help you? PHARMACY CLAIMS MENU Ð HOME CARE 111 0

My Rewards Snapshot You've earned \$51 /\$200 You're off to a great start! Earn rewards for the effort you put into boosting your health. The more activities you complete, the greater your reward. View Completed Activity € Redeem Rewards⊙ Ways to Earn How can I help you? 0 ٦ Ð 俞 CARE

On the homepage you will see

how much you have earned

Scroll down to see all rewards activities available to you



# Redeeming your Rewards From the Menu page

Select "Redeem Rewards" from the My Rewards homepage



You will see the amount available to spend along with the gift cards available for purchase



After redeeming your eGift card, you will receive an eGift card code that populates in the Orders sections of Redeem Rewards and can be used to redeem at merchant or wherever accepted. You will also receive a secure message sent to your Message Center in Sydney (web and app) that contains your eGift card code.

# Locating your Wellness Challenges From the Menu page

Select "Challenges" from the Incentives menu on My Health Dashboard



Click on your "Featured Challenge"





Once on My Health Dashboard, scroll down to the "Incentives" section



Challenge Habit Builder

Build your resiliency by practicing up to 10 healthy habits each day of the challenge. Choose the same habits or change it up - it's up to you! Just come back to log your actions and find out who can log the most healthy habits!

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# Locating your Wellness Challenges From the Secure Message Center

Select the envelope in the top right corner of your screen



Click on any of the Challenge related messages and follow the links

2:18 - Message Center	≎ I. ⊵4	12:18 ←	B Message Detail	¢ ID
Inbox Two weeks under your belt! Get a snapshot of your team's progress in the	†↓ sort	Creat the N Chall Anther	te a team or join one for lew York to London enge m Support	07/10/23 04:00 AM
ANTHEM SUPPORT Here's your Week 1 Challenge Sum Week 1 and done! See how you did by tracking your rewards in the Sydney Hea	07/24/2023	Time fo	or some team spirit! Create a to day in the Sydney Health app.	eam or join
ANTHEM SUPPORT We have room! You can still join th Spots are still available! Join today and let the rewards roll in with the	07/23/2023	Sign u New Yi	p now ork to London Challenge	
ANTHEM SUPPORT We have room! You can still join th Spots are still available! Join today and let the rewards roll in with the	07/19/2023	Your C 2023. join a t	challenge runs from Jul 17, 202: You have until Jul 24, 2023 to team of up to 10 people.	3 to Aug 4, create or
ANTHEM SUPPORT It happened! The New York to Lond 3-2-1- now! Time to earn rewards with th New York to London Challenge in the	07/17/2023 e >	<u>Start n</u>	IOW	
ANTHEM SUPPORT Create a team or join one for the N Time for some team spirit! Create a team or join one today in the Sydney Health	07/10/2023			
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# You will be brought directly to the challenge



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### Challenge

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### Habit Builder

Build your resiliency by practicing up to 10 healthy habits each day of the challenge. Choose the same habits or change it up - it's up to you! Just come back to log your actions and find out who can log the most healthy habits!





### WHY PLAY

Resiliency is your ability to bounce back from, and even thrive, during life's challenging situations. One of the best ways to improve resiliency is to practice taking care of our bodies and minds every day. In this challenge, discover the healthy habits that leave you feeling your best and most resilient.

### HOW TO PLAY

Log each time you practice a healthy habit. Your team's goal is to log at least 250 healthy habits. The team who logs the most healthy habits wins! Learn more.



## 9:58 🛡 🔊 How to Play

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Choose at least one healthy habit to practice each day. You can do the same habit or change it up - it's up to you! Your goal should be to find the habit or habits that leave you feeling recharged and resilient. Try these top 10 healthy habits for resiliency or use them as inspiration to create your own:

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- 1. Take breaks, even 5 minutes can help 2. Call or spend time with friends and
- family 3. Take 3 deep breaths when you feel stressed
- 4. Eat a healthy snack (or breakfast, or lunch, or dinner)
- 5. Practice mediation
- 6. Schedule physical activity into your day
- 7. Take a nap
- 8. Go to bed 30 minutes earlier
- 9. Write a to-do list
- 10. Schedule time for creative fun

### How can I help you?

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