



Health & Wellness Programs and Resources

Making wellness work

Resources to support your wellness initiatives.

- **Health Promotion Manager:** Providing personalized support to plan, implement, and evaluate your wellness goals.
- **Digital Resources** – **Sydney Health app**, Highly personalized AI driven app. Single point of access to benefits, virtual care, claims, clinical wellbeing programs, wellbeing coaching..
- **Wellbeing Solutions** - Preventive and healthy activities through Sydney Health/Anthem.com (health assessment, action plans).
- **Online Employer Planning Tool: Time Well Spent™** Wellness hub with tools and resources to share; wellness calendar, newsletter generation tool, education.
- **Diabetes Prevention Program: Lark** for members who may be at risk of developing type 2 Diabetes.
- **Corporate Activity Challenges** – **Walker Tracker** encourage employees through fun walking challenges.
- **Emotional Wellbeing Resources** – **Learn2Live** cognitive behavioral therapy app with live coaching. **LiveHealth Online Psychology/Psychiatry.**



We work with you to remove roadblocks and create a culture of health based on your wellness goals.



Making
wellness work

Time Well Spent

Employer tool box for wellness success available at no extra cost

- › **Employer Tools:** wellness calendar, health kits, Fitlife podcasts, custom wellness newsletters that are generated and can be sent to employees directly from Time Well Spent. Information on putting together a wellness program
- › **Employee Education:** Promotional materials to share that address all areas of Wellness by topic.
- › **Start your culture of health today at:**
- › timewellspent-ca.anthem.com

Walking/Wellbeing Challenges: Walker Tracker

LOG STEPS AND TRACK PROGRESS AGAINST THE DAILY, WEEKLY, AND MONTHLY STEP GOAL.



Health & Well-Being

- » Create teams and challenge each other while getting healthy or staying fit!



Features

- » Social Features
- » Themed Challenges
- » Interactive Maps
- » Challenge Peers
- » Post Photos
- » Discussion Board



Connected Health

- » Jawbone
- » Fitbit
- » Garmin
- » Apple Health
- » Microsoft



Reporting

- » Track steps, activities, and usage and pull reporting straight from your administrator dashboard

Member Tools and Resources

- Sydney Heath App
- Diabetes Prevention Program
- Emotional Wellbeing Resource
- Disease Management Programs
- Special Offers & Discounts

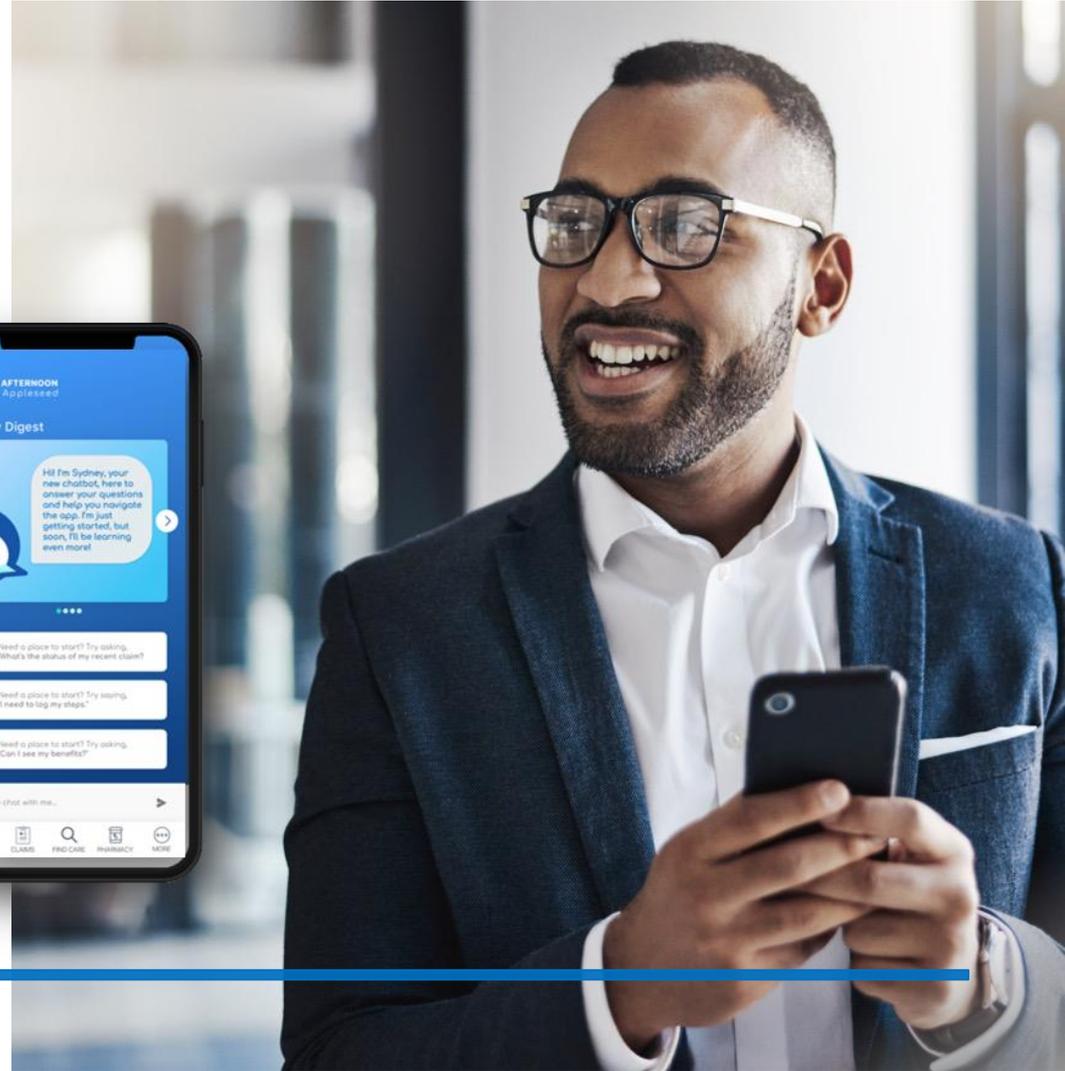
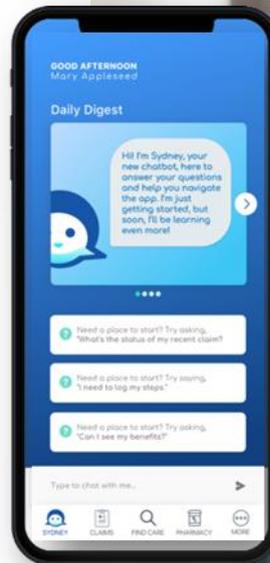


Sydney Health mobile app

The Sydney Health mobile app keeps your healthcare information in one convenient place. And it's personalized.

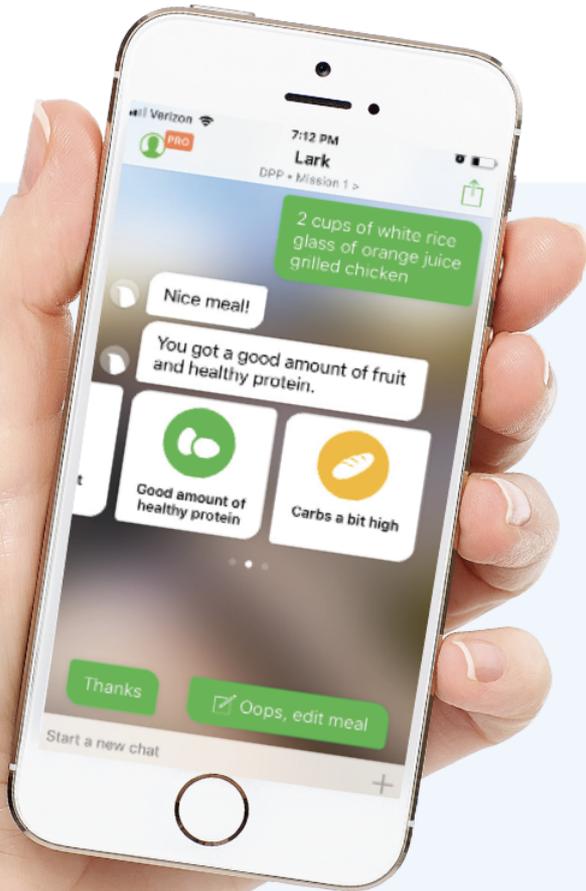
You can:

- Find a Doctor, Psychologist or Psychiatrist
- View your plan information
- Access LiveHealth Online for virtual visits with a: Therapist, Psychiatrist, and Psychologist, and Medical Doctors.
- Access Emotional Well-being Resource / Learn to Live
- Access well-being tools and resources in My Health Dashboard which includes:
 - Article/video topics: Exercise, Healthy Eating, Sleep, Family Health, Mind & Body, and more.
 - Set an Action Plan: Eat Healthy, Achieve a Healthy Weight, Get Active, Increase Energy, Reduce Stress and Sleep Better



Anthem and Lark

Support for preventing diabetes in your workforce



What is Lark?

- A personalized digital health coaching solution that leverages artificial intelligence, cognitive behavioral therapy, and smart connected devices to lower risk of developing type 2 diabetes
- The smartphone-based application provides instantaneous, unlimited, individualized coaching for lifelong behavior change
- The second largest and fastest growing diabetes prevention program (DPP) in the US

Clinically effective, cost-efficient care

- 38% or more cost savings with similar results to in-person programs
- Fully recognized by the Centers for Disease Control and Prevention (CDC), their highest level of certification, achieved by only 8% of all DPPs

Engagement

Leverages Empire's data to target population that is most at-risk of progressing to diabetes in the next year

Scalable

24/7 text-based digital coaching to support your entire population

BUSINESS
INSIDER

"Top 10 Most Innovative
Companies in the World"



"One of the Top 10 Apps"

FORRESTER

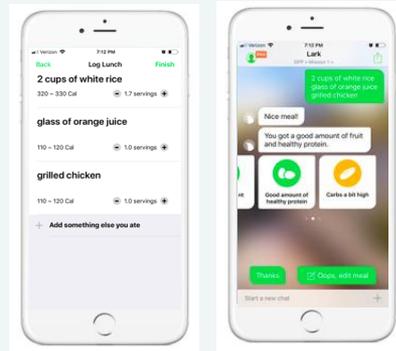
"Most Innovative Digital
Health Product of the Year"

Milestones

Milestone 1:
Enrollment (includes wireless scale)

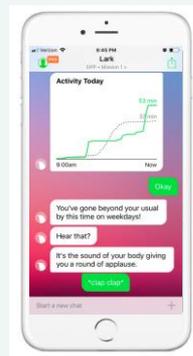
Milestone 2: 2 weeks engagement* during first 4 weeks
Milestone 3: 2 weeks engagement* during weeks 5-9
(includes fitness tracker)

Milestone 4:
5% or more weight loss from start date (within a year)



Nutrition Counseling

Weight Loss Coaching



Activity Coaching



Mood Logging and Counseling



Live Coach:

Available for any member not on track to achieve 5% weight loss

*Lark platform engagement activities:

- Completes at least one (1) Counseling Session
- Logs at least three (3) meals
- Logs at least three (3) physical activities per week
- Documents at least one (1) weight measurement



Emotional Well-being Resources

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime.

A wealth of resources at your fingertips



Personalized, one-on-one coaching



Practice mindfulness on the go



Build a support team

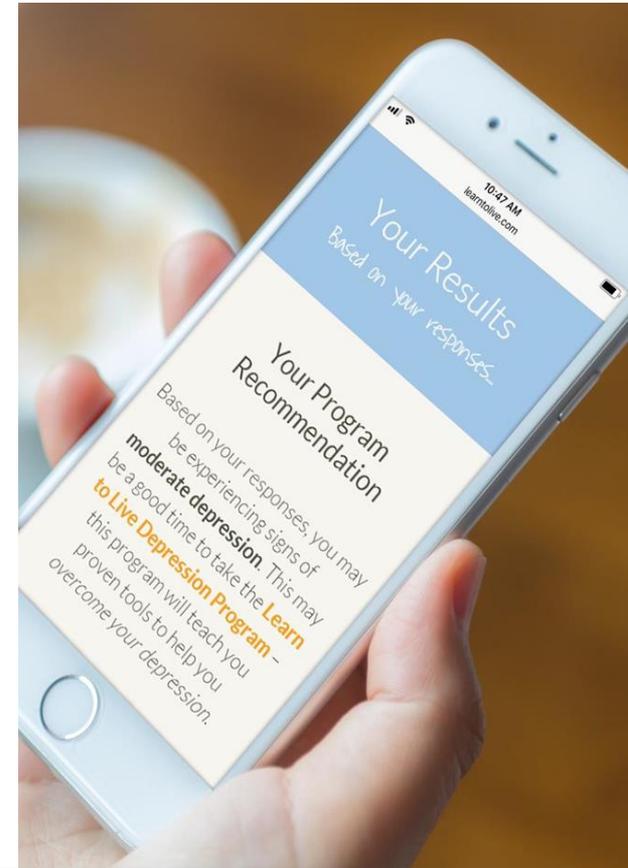


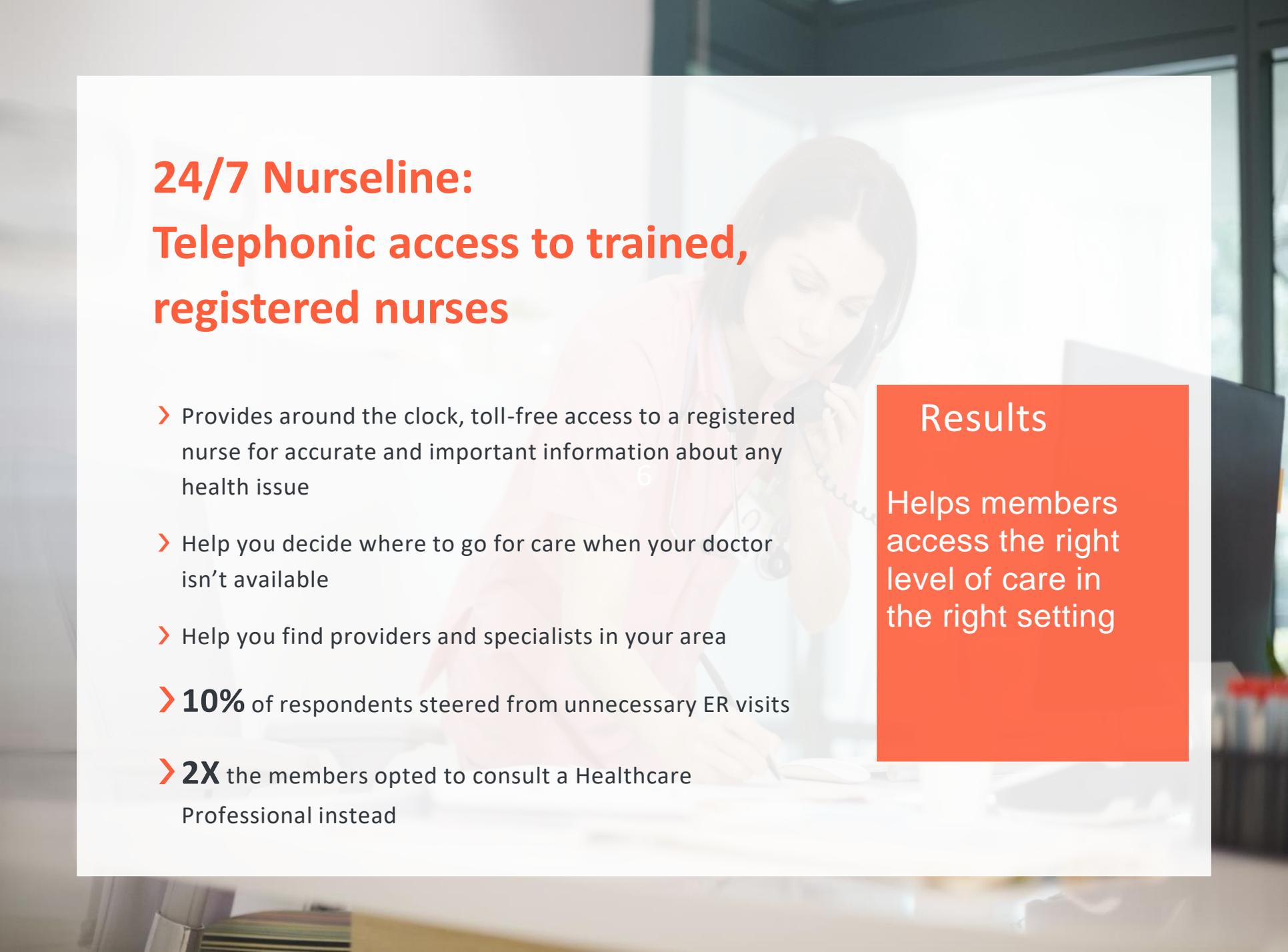
Live and on-demand webinars



To access our Emotional Well-being Resources:

Log in to anthem.com/ca, go to My Health Dashboard, choose Programs, and select Emotional Well-being Resources.





24/7 Nurseline: Telephonic access to trained, registered nurses

- › Provides around the clock, toll-free access to a registered nurse for accurate and important information about any health issue
- › Help you decide where to go for care when your doctor isn't available
- › Help you find providers and specialists in your area
- › **10%** of respondents steered from unnecessary ER visits
- › **2X** the members opted to consult a Healthcare Professional instead

Results

Helps members access the right level of care in the right setting



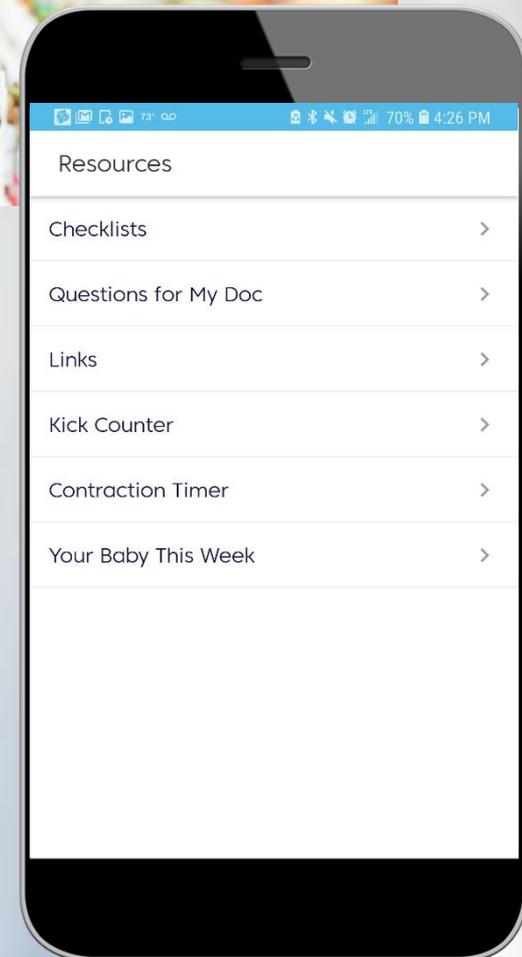
Future Moms with Digital Maternity Support:

Digital Maternity Support

- › Personalized app features (customizable to-do lists, checklists, pregnancy calendar, etc.)
- › Digital interactions twice a week to monitor the member's ongoing risk during pregnancy
- › Digital delivery of health education materials
- › Interactive chat

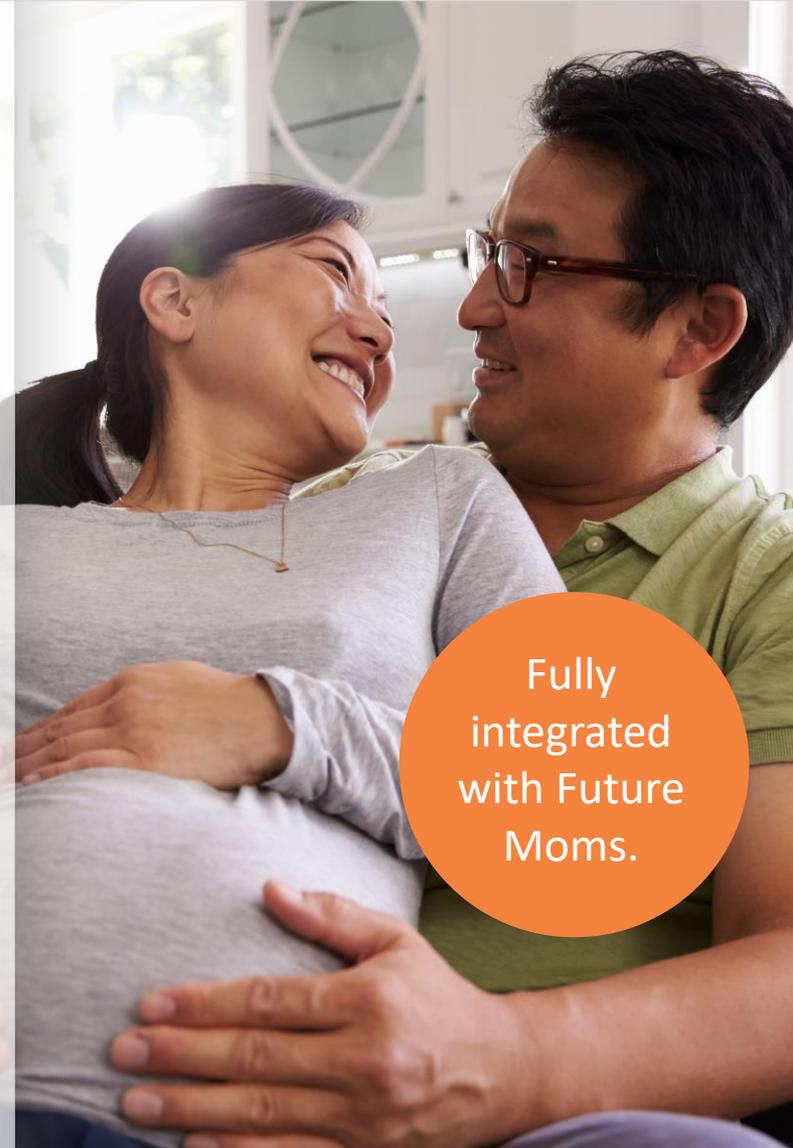
Future Moms participants also get:

- › Information about pregnancy care and related topics, as well as the *Mayo Clinic Guide to a Healthy Pregnancy*.
- › 24/7 phone access to nurse coaches.



Future Moms Breastfeeding Support on LiveHealth Online can help

- Live video visits with a lactation consultant or registered dietitian for personalized postpartum nutrition and lactation support
- Education and guidance on:
 - Breastfeeding
 - Formula feeding
 - Nutrition while breastfeeding
 - Introducing solids to your baby
 - Weight loss after delivery
 - Stress management
- Holistic approach – easy transfer to another health professional such as a board-certified doctor or licensed therapist.



Fully
integrated
with Future
Moms.

ConditionCare

- Get support from a dedicated nurse team if you have:



Asthma



Diabetes



Heart disease / heart failure

Chronic obstructive
pulmonary disease

- Members can work with dietitians, health educators and pharmacists to reach health goals and feel better.

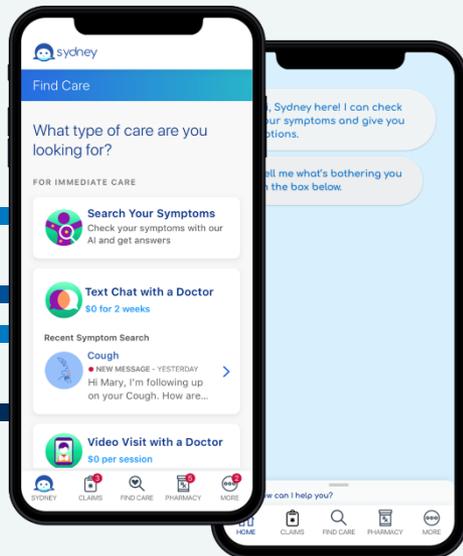


Virtual Care integration

A digital-first approach with Sydney Health

Access Mental Health Doctors/Therapist and Medical Professionals at the tip of your fingers.

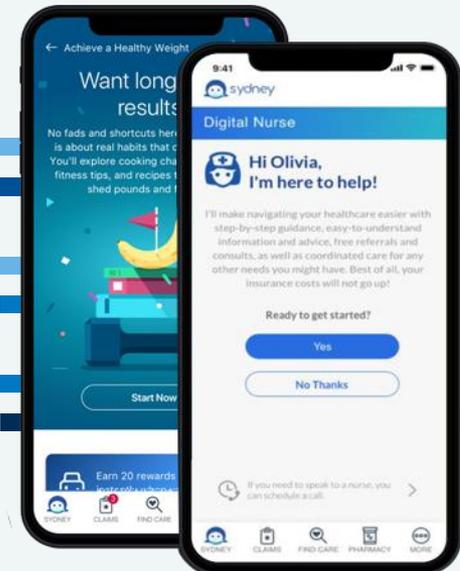
Check symptoms and engage in a virtual chat visit



Connect seamlessly with physician via video visit



Receive proactive recommendations



Virtual Medical & Behavioral Health



When members need non-urgent health care, LiveHealth Online offers faster and easier access to doctors via computer, smartphone, and tablet.

It is available **24 hours a day, 7 days a week**. And now, LiveHealth Online offers access to licensed psychologists, therapists, and board-certified psychiatrists.

Visit with a board-certified doctor

- See a board-certified doctor in about 10 minutes
- Receive medical care anytime, anywhere using your smartphone, tablet, or computer with a camera
- Use as an alternative for non-emergency conditions such as colds, flu, sore throat, sinus infection, and allergies

Or a licensed therapist²

- Connect with a therapist or psychologist to talk to privately
- Psychiatrists provide medication³ management
- Appointments are available 7 days a week, schedule online, or via phone
- Receive care for stress, anxiety, depression, grief, and other conditions

96%

Doctor
Satisfaction
Rating¹

94%

Visit
Satisfaction
Rating¹

99%

Booked an
appointment
sooner



New! Live Health Online - Healthy Sleep

- Provide patients with easy access to sleep specialists who diagnose sleep disorders and design treatment plans to improve sleep and overall health.

¹ LiveHealth Online Medical & Psychology consumer post-visit survey results.

² Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 1-800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

³ Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

Special Offers

With Special Offers, Anthem members can get discounts on products and services that help promote better health and well-being. Access on [anthem.com](https://www.anthem.com) > Care tab > Discounts



Fitness & Health

Discounts include: Fitbits, Garmin devices, Active&Fit Direct fitness centers, GlobalFit gym membership discounts, discounts and much more

Family & Home

Discounts include: 23andMe, VPI and ASPCA Pet Insurance, LinkWell coupons, WINFertility, and more!

Vision & Hearing

Discounts include: Glasses.com and 1-800-CONTACTS, Premier LASIK, Nations Hearing and Hearing Care Solutions.

Medicine & Treatment

Discounts include: Puritan's Pride vitamins, minerals and supplements, Allergy Control products, and National Allergy Supply.

To find discounts available, log in to your [anthem.com](https://www.anthem.com) member portal and select *Discounts*.

**All discounts are subject to change without notice*

2022 Wellness Roadmap

- **Roadmap**
Benefit Highlights, Events & Activities, and Timelines
- **Communication**
Resources and information
- **Tracking and Monitoring**
Participation and engagement



Sample Wellness Roadmap

Theme	Program Components	Details	Time Frame
<p>Digital Resources</p>	<p>Live Demo of Sydney App, Employer Toolkit, Emails, Fliers</p>	<p>Promote Digital Resources</p> <ul style="list-style-type: none"> • Registration on carrier site so members have access to the care they need when they need it. Anthem.com/CA & Sydney • Virtual Care and Video Visits: Visit with a doctor, psychologist, psychiatrist, lactation consultant, and Telephonic Coaching 	<p>Q1</p>
<p>Diabetes Prevention Program</p>	<p>Lark App Health Education, Employer Toolkit</p>	<p>16-week, cutting-edge program helps members lose weight, adopt healthy habits and significantly reduce the risk of developing diabetes. Available at no cost to employees who qualify.</p> <ul style="list-style-type: none"> • Health Campaign: Employee email campaign to enroll in DPP • Free wireless scale and Fitbit if member engages in 8 weeks of coaching • Communication: Customizable email and flyers • Reporting: Available monthly with 30+ participants 	<p>Q2</p>
<p>Physical Activity and Weight Loss</p>	<p>Walker Tracker Corporate Activity Challenge</p>	<ul style="list-style-type: none"> • Health Campaign: 6-week Online Walking Challenge • Communication: <u>Podcast</u> Dispelling Fitness Myths, and additional educational information – Time Well Spent • Reporting: Available on demand 	<p>Q3</p>
<p>Mental Health</p>	<p>Health Education, Apps, etc.</p>	<p>Promote Mental Health</p> <ul style="list-style-type: none"> • Emotional Wellbeing Resource • Communication: Emotional Health Kit/Podcast - Emotional Health & Weight – Time Well Spent <p>Reminder: Virtual Care</p> <ul style="list-style-type: none"> • Connect with a Psychologist or Psychiatrist – Live Health Online 	<p>Q4</p>

Questions?

