

# Meet My Health Dashboard

Your guide to better health and well-being — from Sydney Health

Everything about your health journey is unique — from where you're starting and the goals you have, to the obstacles you may face along the way. My Health Dashboard, on the Sydney Health mobile app, provides the support you need. You can find information on health topics that interest you, useful health and wellness tips, and personalized action plans that can help you reach your goals. My Health Dashboard is there to support your health journey every step of the way.



## Assess your health and set your goals

A quick online health assessment will ask ten questions about your health goals, overall health, medical history, diet, and exercise. Then, Sydney Health will personalize your dashboard to fit your goals and send a personal report to show where you may be able to improve.



## Pick and personalize your action plan

My Health Dashboard's action plans allow you to work toward your health goals at your own pace while making healthy choices that fit your lifestyle. Plans include *Get Active*, *Eat Healthy*, *Achieve a Healthy Weight*, *Reduce Stress*, *Increase Energy*, and *Sleep Better*. Sync your wearable fitness device to the app for easy activity tracking and make progress on your goals in 30 days or less. If you decide you want to try something new, you can switch action plans anytime.



## Learn about healthy living

Explore My Health Dashboard further to find videos and online articles with tips on living healthy, including nutritionist-approved recipes and meal plans.



## Keep moving

Staying motivated is an important part of reaching your goals. Sydney Health offers support throughout your journey and awards profile badges and points to help you stay on track.

## Program support when you need it

Anthem has resources for you and your family when you need them most. Use My Health Dashboard to find and connect with clinical and well-being programs for help with issues such as pregnancy and heart disease.

## My Health Rewards

My Health Rewards includes ways to earn up to \$150 to use however you choose. Schedule a massage, buy new fitness gear, treat yourself for the hard work you're putting in to live healthy.

Complete My Health Dashboard activities to earn points. When you reach your first points milestone, you'll receive a My Health Rewards card preloaded with money. Each time you reach a milestone, money will be automatically added to your card. Your My Health Rewards card can be used where major credit cards are accepted.\*



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Download the Sydney Health app today or register online at [anthem.com/ca](https://www.anthem.com/ca) and visit My Health Dashboard.

\* Members aged 18 and over, including subscribers' adult children aged 18 and older, are eligible for gym reimbursement. Payout is per member per benefit year. The amount of the reimbursement may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations. This program is designed to help you make healthy, safe, and small changes to your lifestyle. Before taking part in this program, talk to your doctor or health care provider — especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.

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