



## My Health Records

A new way to organize your health information in one secure location



Keeping track of your individual and your family's health information is easier with Anthem's new My Health Records feature on the Sydney Health app and [anthem.com/ca](http://anthem.com/ca).

Now you can see the full picture of your family's health — all in one secure place. Using a single login profile, you can view, download, and share your health information, including health history and electronic medical records from different doctors and hospitals, right from your smartphone or computer.

### Use My Health Records to:

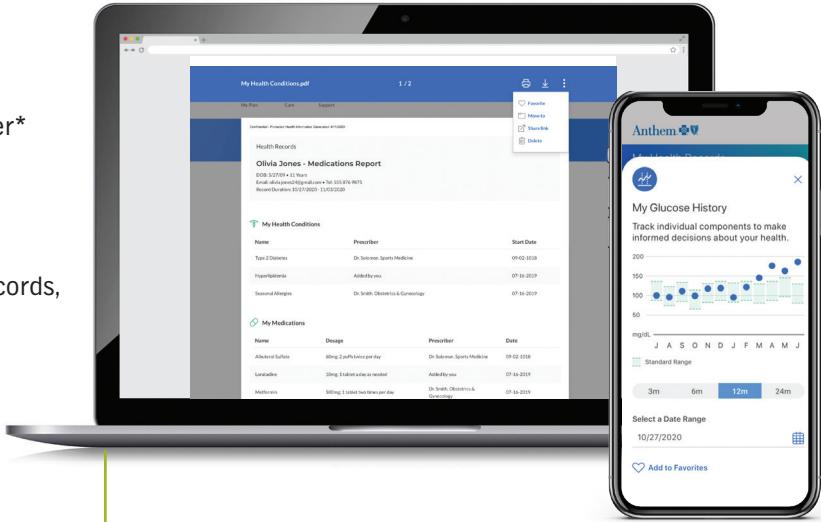
**Confidently manage your family medical records** by having accurate, up-to-date, and complete health data. Create a personal health profile for each family member\* and connect it to almost any health care provider or hospital database, including MyChart and HealtheLife.

**Easily share select information** with doctors, schools, and child care providers. This could include vaccine records, a medication list, or health plan details.

**Quickly see the overall picture of your health** with charts and graphs that track your health data over time.

**Rest assured knowing that your health information is private and secure.** You share your records with people you trust and approve.

My Health Records can help you save time and stay healthy by giving you the full picture of your health like never before.



### Start using My Health Records today

Be ready when you need information. Access My Health Records through the Sydney Health mobile app or on [anthem.com/ca](http://anthem.com/ca). You can download the app from the App Store® or Google Play™.



\* Due to varying state legal and privacy regulations, health records are available for children ages 14 and younger only.

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