



Want to learn more about the Sydney Health mobile app?

Here's how we use digital technology to create a smarter, simpler and more personal health care experience for you.

Q: What is Sydney Health?

A: Sydney Health is our new mobile app that gives you a single hub to keep track of your health and benefits. You can quickly view health plan info, find care, check costs, track fitness activity and even explore health topics and wellness programs that spark your interest.

Q: You said it was a more personal experience. What do you mean by that?

A: The app includes a feature called My Health Dashboard that collects your health info and gives you personalized recommendations and information geared to your wellbeing. You can tailor it to match your interests. The app also helps you set action plans to meet health goals, sync your fitness devices, earn points and badges and more.

Q: How do I download the Sydney Health app?

A: Go to Google Play or the App Store and search for Sydney Health.

Q: Can I download the Sydney Health app on my iPad?

A: You can download the Sydney Health app on your iPad. At this time we do not have the ability to download Sydney Health on other tablet devices.

Q: I was already using Anthem Anywhere. Do I need to re-register on the Sydney Health app?

A: No. You can use the same login and password you used on Anthem Anywhere. If you haven't used the app but you're already registered on **anthem.com**, you can use that login and password with Sydney Health.

Q: Will I still have access to the Online Wellness Toolkit?

A: No. My Health Dashboard is replacing the Online Wellness Toolkit.

Q: What devices can I sync with My Health Dashboard? How often will my activity update?

A: You can sync it with Apple Health, Fitbit, Garmin, Google Health, iHealth, Misfit and Nokia/Withings. Once you sync your tracker, your activities will update automatically throughout each day.

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