

# All your health plan information, all in one place

## Anthem Medicare Preferred (PPO)



**Staying on top of your health in retirement is important.** That's why Anthem Blue Cross and Blue Shield makes it easier and convenient for members to access all plan details, claims, provider network, and so much more with a secure online account.

**Our member website tells you all the details you need to know about your plan.** All with less paperwork, fewer phone calls, and easier access. Log in to your secure online account from a PC and you can:



- Review your claims status for health visits and claims history.
- Find a doctor, hospital, and other healthcare providers in your plan.
- Request a replacement plan membership card or print a temporary one.
- Send us a secure message 24/7 when you have a question or need help.
- View all your plan documents, like your Evidence of Coverage (EOC).
- Tell us how you want to communicate (by phone call, text messages, mail, and/or email).
- Browse of library of articles and videos to learn more about self-care, medicines, and various health conditions, tests, and treatments.

**Plus, our Sydney Health mobile app gives you on-the-go access** to your plan benefits through your smartphone or tablet. Once you download the app, you can log in and do things like:



- Pull up your plan membership card.
- Find nearby doctors, urgent care centers, and hospitals.
- Check the status of recent medical claims.
- Use the live chat feature to get answers to health questions in real time.
- Set health reminders and wellness goals.
- Store and share health records with My Family Health Record (myFHR), which gives you the ability to share your health information with doctors, family members, and caregivers.



# Sydney Health makes healthcare easier

Access personalized health and wellness information wherever you are

The Sydney Health mobile app is the one place to keep track of your health and your benefits. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.

## Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you such as gender, languages spoken, or location.

## My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals.

## Live Chat

Find answers quickly with the Live Chat tool in Sydney Health. You can use the interactive chat feature or talk to an Anthem representative when you have questions about your benefits or need information.

## Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly using the Symptom Checker, then consult with a doctor through a video visit or text session.

## Community Resources

This resource center helps you connect with organizations offering free and reduced-cost programs to help with challenges such as food, transportation, and child care.

## My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.



Download Sydney Health today

Use the app anytime to:

- Find care and compare costs
- See what's covered and check claims
- View and use digital ID cards



Use your smartphone camera to scan this QR code



Sydney Health is offered through an arrangement with CareMarket, Inc. Sydney and Sydney Health are trademarks of CareMarket, Inc.

Life and Disability products underwritten by Anthem Life Insurance Company. In Georgia: Life and Disability products are underwritten by Greater Georgia Life Insurance Company using the trade name Anthem Life. Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in PDS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or PDS policies; WCIC underwrites or administers Well Priority HMO or PDS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

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# Get Rewarded When you Complete a House Call Visit!

**Anthem Blue Cross and Blue Shield is committed to helping you stay healthy**

That is why Anthem Blue Cross and Blue Shield and Matrix Medical Network are pleased to offer you a health assessment at no additional cost to you. A Matrix licensed clinician will come to your home for your annual health assessment. And, a summary of the results are shared with you and your doctor, so you stay connected to your care.

**After completing a health and wellness visit, you will receive a \$50 gift card as a thank-you for making health a priority!**

## This no-cost visit gives you the opportunity to:

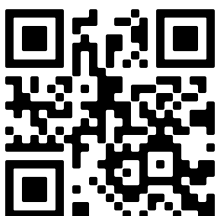
- Meet one-on-one with a licensed health professional
- Review all of your medications and supplements
- Learn more about local community resources
- Ask any health questions you may have in the privacy of your home
- Get a picture of your health – your doctor will even get a summary following the visit!



*"I appreciate the chance to talk to someone about my health. It has been hard adjusting to this stage of my life. Matrix has been very helpful as I become used to the changes."*

**Louise – Health Plan Member**

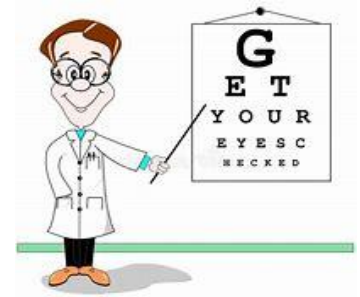
## Ready to schedule?



**Call now to book your visit at: 1-888-912-8414 (TTY: 711)  
Monday – Friday, 8 a.m. to 8 p.m. local time; Saturday, 8 a.m. to 5 p.m Eastern Time, or visit [matrixforme.com](https://matrixforme.com) to schedule online.**

*Scan the QR code using the camera on your smartphone or tablet to access the online scheduling portal.*

All Anthem Medicare Preferred PPO plans cover an annual routine vision exam at NO cost, including up to \$70 each year towards the cost of an eye refraction. Additionally, the plans provide a \$100 benefit towards eye wear every other year. These are benefits not covered under Original Medicare and are enhancements to the Anthem plans.



When receiving care from a participating Blue View vision provider, the provider is able to bill Blue View vision directly for these enhanced benefits and the eye wear allowance can be automatically deducted from your bill avoiding your upfront payment and manual claim for reimbursement.

## Finding a Blue View participating provider online is fast and easy

Use the Anthem online Find Care tool to look for doctors, hospitals, labs and other health care providers in your Anthem plan.

Check if your favorite doctor is part of your plan or look for one near you.

### Here's all you need to do:



1

Go to [www.anthem.com](http://www.anthem.com)

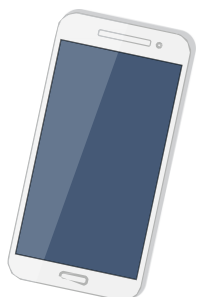
2

To get started, you can look for a doctor by clicking on: **Find Care**  
Then click on:  
**"Select a plan for basic search"** (mid-page)

3

1. Select the type of plan or network: Vision Plan or Network
2. Select the State where the plan or network is offered
3. Select how to get health insurance? Vision
4. Select a Plan or Network: Blue View Vision
5. Click: Continue

- Enter: City, County, or ZIP.
- It's optional to provide a doctor's name.
- Search by Care Provider: Select Ophthalmologist, Optical Store, or Optometrist
- Print or Email list of Providers.



#### Going mobile

Use your mobile device to search for doctors, hospitals and more with our free app from the App Store® or Google Play™. Just search for Sydney Health and download the app.



# YOUR KEY TO A FULLER, HEALTHIER LIFE

**SilverSneakers®** is a program designed with you in mind. You have the opportunity to join a group of like-minded people focused on maintaining good health and independence.

## THE SILVERSNEAKERS EXPERIENCE

SilverSneakers is *much more* than an exercise program – it may help you to achieve your *best health in mind, body and spirit*.<sup>1</sup>



A no-cost fitness benefit with access to 15,000+ fitness locations nationwide<sup>2</sup>



SilverSneakers FLEX® classes offered outside the traditional gym setting<sup>3</sup>



The ability to enroll at multiple locations at any time



Social connections through events such as shared meals, holiday celebrations, and class socials



Online resources (fitness location directory, articles, SilverSneakers On-Demand™, and more)



Adjustable workout programs tailored to individual fitness levels, schedule reminders for favorite activities, find convenient locations and more with the SilverSneakers GO™ app



Signature SilverSneakers classes designed for all fitness levels and led by trained instructors<sup>3</sup>





**88%**

of participants say SilverSneakers has improved their quality of life.<sup>4</sup>

**58%**

of participants report that they have made new and valuable friendships through SilverSneakers.<sup>4</sup>

**88%**

discovered they could do more than they thought possible.<sup>4</sup>

## LET'S GET STARTED

Enroll in as many locations as you like and take part in fitness classes, use gym amenities and participate in events in your community.<sup>2</sup>



**START  
HERE**

Go to **SilverSneakers.com/StartHere** to get your SilverSneakers member ID and find fitness locations that are right for you.



**TAKE A  
TOUR**

Bring your member ID number with you on your first visit.



**START YOUR  
ROUTINE**

You can start slowly, but keep it steady to enjoy a healthier lifestyle.

***SilverSneakers.com/StartHere***

Questions? Call 1-888-423-4632 (TTY: 711) Monday through Friday, 8 a.m. to 8 p.m. ET

1. Always talk with your doctor before starting an exercise program.

2. Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

3. Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

4. 2017 Annual Participant Survey

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# Save money with discounts at [anthem.com](https://www.anthem.com)

As an Anthem member, you qualify for discounts on products and services that help promote better health and well-being.\* These discounts are available through SpecialOffers to help you save money while taking care of your health.

## Vision, hearing and dental

**Glasses.com™ and 1-800-CONTACTS®** — Shop for the latest brand-name frames at a fraction of the cost for similar frames at other retailers. You are also entitled to an additional \$20 off orders of \$100 or more, free shipping and free returns.

**EyeMed** — Take 30% off a new pair of glasses, 20% off non-prescription sunglasses and 20% off all eyewear accessories.

**Premier LASIK** — Save \$800 on LASIK when you choose any “featured” Premier LASIK Network provider. Save 15% with all other in-network providers.

**TruVision** — Save up to 40% on LASIK eye surgery at more than 1,000 locations.

**Nations Hearing** — Receive hearing screenings and in-home service at no additional cost. All hearing aids start at \$599 each.

**Hearing Care Solutions** — Digital instruments start at \$500, and a hearing exam is free. Hearing Care Solutions has 3,100 locations and eight manufacturers, and offers a three-year warranty, batteries for two years and unlimited visits for one year.

**Amplifon** — Take 25% off, plus an extra \$50 off one hearing aid; \$125 off two.

**ProClear™ Aligners** — Take \$1,200 off a set of custom aligners. You can improve your smile without metal braces and time-consuming dental visits. Your order is 50% off and comes with a free whitening kit.



## Fitness and health

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**Active&Fit Direct™** — Active&Fit Direct allows you to choose from more than 11,000 participating fitness centers nationwide for \$25 a month (plus a \$25 enrollment fee and applicable taxes). Offered through American Specialty Health Fitness, Inc.

**FitBit** — Work toward your fitness goals with Fitbit trackers and smartwatches that go with your lifestyle and budget. Save up to 22% on select Fitbit devices.

**Garmin** — Take 20% off select Garmin wellness devices.

**Jenny Craig®** — Join this weight loss program for free. Jenny Craig provides you with everything you need, making it easier to reach your goals. You can save \$200 in food, in addition to free coaching, with minimum purchase. Save an extra 5% off your full menu purchase. Details apply.

**ChooseHealthy®** — Discounts are available on acupuncture, chiropractic, massage, podiatry, physical therapy and nutritional services. You also have discounts on fitness equipment, wearable trackers and health products, such as vitamins and nutrition bars.

**GlobalFit** — Discounts apply on gym memberships, fitness equipment, coaching and other services.

## Family and home

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**23andMe** — Take \$40 off each Health + Ancestry kit. Save 20% on a 23andMe kit and learn about your wellness, ancestry and more.

**Safe Beginnings®** — Babyproof your home while saving 15% on everything from safety gates to outlet covers.

**Nationwide Pet Insurance** — Receive an automatic 5% discount when you enroll through your company or organization. Save up to 15% when you enroll multiple pets.

**ASPCA Pet Insurance** — Take 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

**WINFertility®** — Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

**LifeMart®** — Take advantage of great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

## Medicine and treatment

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**SelfHelpWorks** — Choose one of the online Living programs and save 15% on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep or face an alcohol problem.

**Brevena** — Enjoy a 41% discount on BREVENA® skin care creams and balms for smooth, rejuvenated skin from face to foot.

**Puritan's Pride®** — Choose from a large selection of discounted vitamins, minerals and supplements from Puritan's Pride.

**Allergy Control Products and National Allergy Supply** — Save up to 25% on select doctor-recommended products such as allergy-friendly bedding, air purifiers and filters, asthma products and more. Orders over \$59 ship for free by ground within the contiguous U.S.

To find the discounts available to you, log in to [anthem.com](https://www.anthem.com), choose **Care** and select **Discounts**.

**Your SpecialOffers discounts are part of our effort to support your personal health journey. Taking care of your health can be easier with the savings offered through your health plan.**

**\* All discounts are subject to change without notice.**

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. Copies of Colorado network access plans are available on request from member services or can be obtained by going to [anthem.com/co/networkaccess](https://www.anthem.com/co/networkaccess). In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

*The Anthem Medicare Preferred PPO plans offer NO cost telehealth visits...*



HAVE A REAL CONVERSATION

## Select a doctor of your choice

- Caring doctors - ready to help ✓
- Experienced and board-certified ✓
- Trained to perform visits online ✓

## Visit with a doctor 24/7.

Get expert advice, a treatment plan and prescriptions if needed.



### Sign up or log in

Using your smartphone, tablet or computer.



### Choose a doctor

Review their profile and qualifications to select a doctor that fits your needs.



### Feel better faster

Get advice, treatment options and a prescription if needed.

## Get the free app

Use LiveHealth Online whether you're at home, at work or on the go.

