



Wellbeing Solutions

A personalized, whole-health experience with proven results

Wellbeing Solutions offers a full range of programs and resources designed to improve whole health through personalized care and support. With seamless administration, your clients can build a healthier, happier, more productive workforce without extra effort.

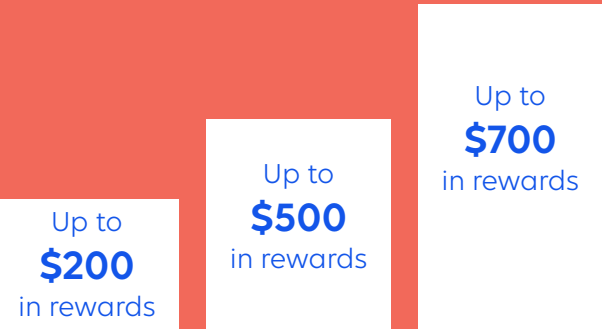
Connecting employees to the right programs

Our foundational programs help them meet their unique goals.

- Mental health
- Maternal health
- Cancer support
- Chronic condition care

Motivating employees to take an active role

Our Engagement Packages encourage and reward healthy activity.



Employee incentive per plan year

Managing benefits and health — all in one place

The **SydneySM Health** app makes it convenient for employees to access what they need.

- Find care and have virtual visits
- Look up claims
- Access digital member ID card
- Get health alerts
- Chat for help
- View rewards

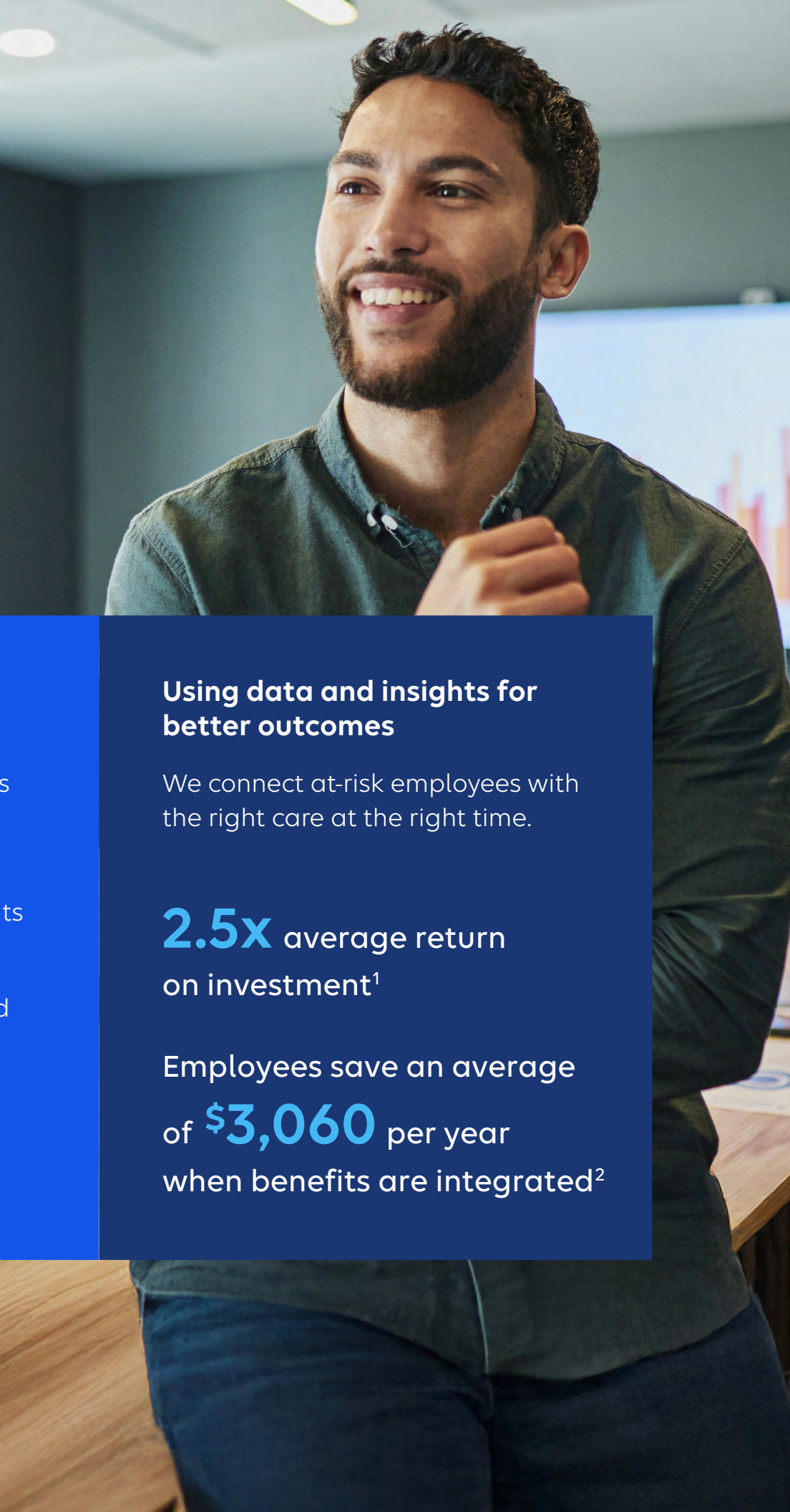
Using data and insights for better outcomes

We connect at-risk employees with the right care at the right time.

2.5x average return on investment¹

Employees save an average of **\$3,060** per year when benefits are integrated²

Transforming access, driving whole-health outcomes, and strengthening communities



Whole-person support that meets each employee’s unique health needs

Mental health

- Customized care for mental and behavioral health:
- 24/7 Behavioral Health Resource Center with online self-assessments and cognitive behavioral therapy³
 - Care coordination between medical and condition management care providers
 - Autism Spectrum Disorder with applied behavioral analysis
 - Support for complex behavioral health needs
 - Care teams and online resources for depression, anxiety, substance use disorder, and stress

Maternal health

- Support for growing families through the parenting journey — from preconception to early childhood:
- Pregnancy support from family care coaches and nurse case managers through live chat and phone
 - Maternity nurses and tools to proactively guide parents in maternity and postpartum care
 - Support for high-risk pregnancies to prevent birth complications and neonatal intensive care unit admissions
 - Addressing LGBTQ+ needs, Black maternal health, and social drivers of health

Cancer support

- Programs and resources help employees through the cancer journey:
- Highly trained navigators guide members and their cancer care providers.
 - Simplified care process makes it easier for cancer care providers and patients to follow.
 - Proactive, integrated approach helps improve health outcomes and reduce hospital and emergency room visits for lower cost of care.
 - Predictive modeling identifies eligible participants.

Chronic condition care

- Condition-specific support helps employees create healthy habits, while reinforcing their care plan helps control costs, decrease hospitalizations, and improve health conditions:
- Diabetes
 - Chronic heart failure and coronary artery disease
 - Crohn’s disease
 - Asthma
 - Chronic obstructive pulmonary disease

2026 Engagement Package enhancements

1. Updated reward activities that give members of different health levels more earning opportunities
2. More activities added for prediabetes and diabetes management for greater access to condition support
3. New incentive activities: Select a PCP and Log Daily Nutrition

Learn more

Visit anthembrokerhub.com for Wellbeing Solutions employer resources you can share with your clients. **For fully insured and administrative services only (ASO) plan options, contact your Anthem Blue Cross representative.**

Clients can save up to 15% when purchased as a package⁴

¹ Anthem internal actuarial analysis of 2023 Commercial members, 2024.

² Internal data: Behavioral Health Case Management Program Evaluation Results, 2022.

³ This benefit is included in Behavioral Health Advantage as part of our Wellbeing Solutions ASO packages only.

⁴ Anthem Underwriting pricing exercise and cost guidance, 2025. Applies to all ASO standard foundational packages.

Virtual text and video visits powered by K Health.

Sydney Health is offered through an arrangement with Cerealon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

In California Anthem Blue Cross is the trade name of Blue Cross of California, Inc. Also serving California: Anthem Blue Cross Life and Health Insurance Company. In 11 northeastern counties of New York Anthem Blue Cross is the trade name of Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc., and Anthem Blue Cross HP is the trade name of Anthem HP, LLC. Independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.