

# TAKE ADVANTAGE OF YOUR VIRTUAL VISITS

When you aren't feeling your best — physically, mentally, or emotionally – Virtual Visits can be a great option. With virtual visits, you and your covered family members can see and speak to a doctor 24 hours a day, 7 days a week using a mobile device or computer. No appointment is necessary—and usually takes less than 20 minutes.

**Anthem members can get urgent, primary, and specialty care through the Sydney health app. Address needs like:**

- Bladder Infection
- Urinary tract infection
- Bronchitis
- Cold/Flu
- Fever
- Pink Eye
- Rash
- Sinus problems
- Sore throat
- Stomach ache
- Ear infection

## Steps to accessing a Virtual Visit Provider:

**Step 1:** Download the **Sydney Health App**

**Step 2:** Register and log in.

**Step 3:** Once you register, your username and password are the same for the app and **anthem.com**.

**Step 4:** Select **Care** and then select **Video Visit**.

**Step 5:** Once you are connected you have the ability to speak with a doctor via phone, tablet, or computer 24/7.

## Virtual Visit Cost:

**POS Plan:** \$0 Copay  
**HRA Plan:** \$0 Copay  
**HSA Plan:** Deductible \$59  
(\$0 after deductible)



## Virtual Visits can save time and money

An estimated 25% of ER visits could be treated with a Virtual Visit, which brings a potential \$1,700 cost down to \$0 - \$59

Download the Sydney Health app from both the Google Play store and Apple Store.

