







2023 Anthem Wellbeing Solutions

Focus on your well-being and earn up to 100 points

The more activities you complete, the greater the number of points you earn.

Worthington City Schools' voluntary wellness program offers tools and resources to help you make positive improvements to your health and well-being. Our program was designed with you in mind, as taking care of yourself can help you take care of your family. If you are entitled to a board health savings account (HSA) contribution, you may earn an HSA contribution when you complete 100 points' worth of rewardable activities between January 1, 2023, and December 31, 2023. That means extra money can be used toward many types of medical expenses, including doctor visits, prescriptions, and medical supplies.

Activity type	Activities available to complete	Points
 Preventive care	An annual preventive wellness exam or well-woman exam with your doctor	25
	An annual cholesterol test ¹	20
	A colorectal cancer screening (ages 45 and older)	25
	A routine mammogram (women ages 40 to 74)	25
	An annual eye exam	25
	An annual flu shot	20
	An annual dental exam	25
 Condition management programs	ConditionCare: Work one-on-one with your health coach and earn rewards for participating in and completing the program ²	Up to 50 (20/30)
	Building Healthy Families: Receive support through the Sydney SM Health app wherever you are in your family planning process, such as trying to conceive a baby or raising your toddler. Content, tools, and trackers are available to help you through any stage of the process. You will receive incentives for enrolling and building a profile in the preconception stage, regardless of gender. For maternity-related incentives, you'll receive incentives for completing initial, interim, and postpartum assessments.	Up to 40 (10/10/10/10)

Activity type	Activities available to complete	Points
 Condition management programs	Well-being Coach – Weight Management: Receive one-on-one coaching by phone as you complete your goal to earn a reward ³	25
	Well-being Coach – Tobacco Cessation: Receive one-on-one coaching by phone as you complete your goal to earn a reward ⁴	25
 Digital & wellness	Log in to your Anthem account	5
	Connect a fitness or lifestyle device	5
	Complete a health assessment and receive tailored health recommendations	20
	Complete action plans around eating healthy, weight management, and physical activity	Up to 25 (5 per action plan)
	Track your steps	Up to 60 (2 per 50,000 steps tracked)
	Complete Well-being Coach digital daily check-ins ⁵	Up to 20 (4 per milestone)
	Update your contact information	10

Well-being Coach can help you meet your goals

The Well-being Coach digital coaching app from Lark offers you 24/7 personalized support. Well-being Coach can help you maintain a healthy weight; quit tobacco; and improve your nutrition, exercise habits, mindfulness, and sleep. If you need extra support with weight management or quitting tobacco, you can also talk to a certified health coach.

Access Well-being Coach in the Sydney Health app or at [anthem.com](https://www.anthem.com).



Earn points

Here's how and when you'll earn points for completing the activities above.

Preventive care: Simply visit your doctor for any of the screenings or appointments listed in the chart above. Your rewards are added to your account after your claim is processed, which may take up to 60 days. The Worthington City Schools' Medical plan covers the preventive Wellness Exam, recommended cancer screenings, and flu shot vaccination at no cost to you during the plan year. Eligibility for annual cholesterol tests (full cholesterol lipid panel) is 35 years and older for men and 40 years and older for women. When you schedule your exam, you must schedule for an annual wellness exam. If the claim is not billed as an annual wellness exam, you will not receive points credit for the exam.

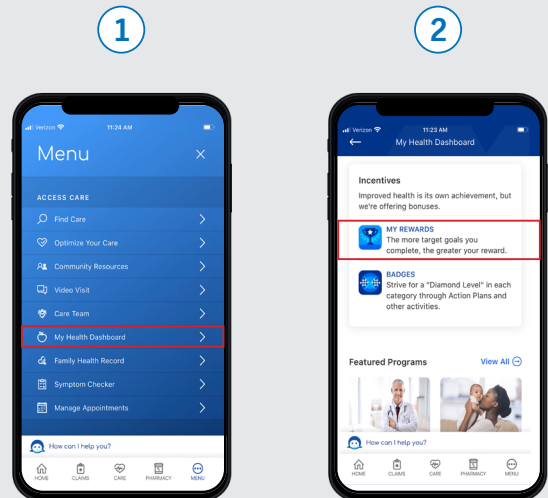
Condition management: Points are added to your account as you meet certain benchmarks or complete a program. Programs include ConditionCare (for asthma, diabetes, and heart or lung conditions), Building Healthy Families, and Well-being Coach for weight management and tobacco cessation.

Digital and wellness activities: Log in to the Sydney Health app or [anthem.com](https://www.anthem.com) to complete available activities, such as taking a health assessment, participating in the Well-being Coach Digital program, and tracking your steps. Points are added to your account as activities are completed.

View your points

1 To view your points, open the Sydney Health app or go to [anthem.com](https://www.anthem.com). Next, go to *My Health Dashboard*.

2 Select **My Rewards**.



Download the Sydney Health mobile app by scanning this QR code with your phone's camera.

Do you have questions?

Log in at [anthem.com](https://www.anthem.com) or open the Sydney Health app. Then go to *My Health Dashboard* and select **My Rewards** to learn more. You can also call Member Services at the number on your ID card.

1 Annual cholesterol test eligibility: men 35 years and older, women 40 years and older with a full cholesterol (lipid) panel.

2 Adult members identified as moderate or high risk are eligible for ConditionCare and may receive a reward for participation in 1 of 5 ConditionCare programs and completion for

1 of 5 ConditionCare programs: chronic obstructive pulmonary disease, coronary artery disease, asthma, diabetes, and congestive heart failure. Rewards include 20 points for program participation and 30 points for program completion.

3 Well-being Coach Weight Management program (telephonic) is available for members who are identified as high risk based on a body mass index (BMI) of 30 or higher.

4 Well-being Coach Tobacco Cessation program (telephonic) is available for members who are identified as high risk based on any tobacco usage.

5 Members may earn rewards for completing quarterly Well-being Coach digital milestones while logging daily check-in activities on the app. Daily check-in reward values: first check-in: 4 points; next 15 check-ins during first quarter: 4 points; 25 check-ins during second through fourth quarters: 4 points each quarter. Log in to Sydney Health or [anthem.com](https://www.anthem.com) to download the Well-being Coach digital app. Well-being Coach is provided by Lark Health.

We encourage you to actively participate in your rewards program. Rewards will be forthcoming in February of the following year.

All preventive care activities are claims based. Medical waivers apply to all claim-based activities.

Rewards eligibility applies to only employees and their spouse. Members must be active on the plan, and activity must take place during the plan effective year.

A subscriber and spouse may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim.

SydneySM Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2023

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