Anthem

Connect with the resources you need through our quick health assessment

Our new and improved My Health Check-in helps you manage your overall health



Your time is valuable and so is your health. To support your overall well-being, a short assessment will provide customized recommendations about ways to improve your health. We'll share information about programs that can help reduce health risks, achieve your goals, and even prevent future health issues.

Your health is just one part of the bigger picture of your life. We know that other challenges can influence your overall health. As part of our whole-health approach, we'll share program options that can help with:

- Worries about the cost of doctor visits.
- Lack of transportation.
- Not having enough food.
- Worries about housing.
- Stretching your budget.

My Health Check-in is **85% shorter** than the old health assessment. On average, it takes just five minutes to complete.

Take the assessment

Complete your My Health Check-in through the Sydney℠ Health app. Together, we can address the unmet needs you face every day.

Download our Sydney Health app:
Scan the QR code with your phone's camera.

sydney℠

Download on the App Store

GET IT ON Google Play

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

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