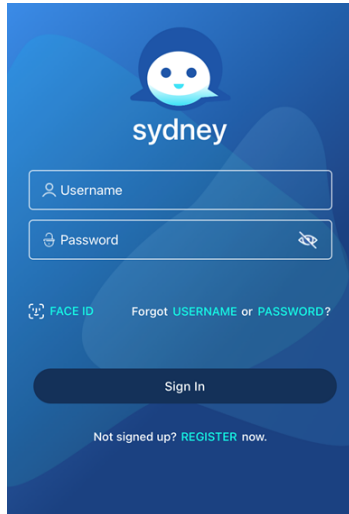




Your personal guide to better health and well-being —from Sydney Health

With Sydney Health mobile app, it's all about you. You'll always be able to find the health information you're interested in. Whether it's health and wellness tips you can use right now or personalized action plans you can follow to reach your health goals.

1. Download the app or and click 'register'



2. Enter your student ID, date of birth, first and last name and click register

First, let's find you in our system.

Tell us a bit about yourself, so we can get you registered.

Select Identification Type ⓘ

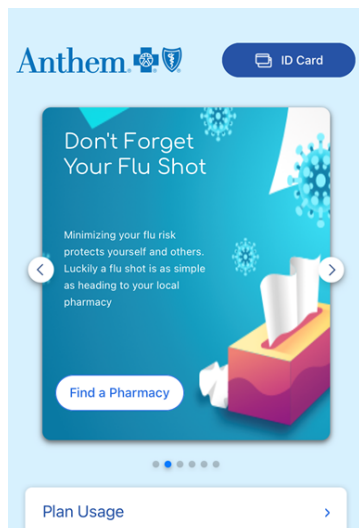
Student ID >
12345

Date of birth MM/DD/YYYY
12/12/2000

First Name
FirstName

Last Name
LastName

3. You now have access to your health information



Support for you — when you need it

Anthem has resources for when you need it most. Use My Health Dashboard in Sydney Health to find and connect with the many clinical and well-being programs available.



Get started today by downloading Sydney Health and visit My Health Dashboard. Or register online at [anthem.com/ca](https://www.anthem.com/ca).

