



Employee Health Benefits

Preventive Care Spotlight

Did you know that 60% of U.S. adults have at least one chronic condition? Regular preventive care and recommended screenings can help identify potential health concerns early and support long-term wellness.

A [Preventive Care Guide](#) is available on the [Benefits Bookshelf](#) and includes information about recommended screenings, annual wellness visits, immunizations, dental and vision care, and frequently asked questions about preventive care.

Whether you're scheduling an annual checkup or reviewing recommended screenings, the Preventive Care Guide can help you make informed decisions about your health and the health of your family.

Did You Know?

Your Anthem medical plan includes access to LiveHealth Online, allowing you to connect with a board-certified doctor from your smartphone, tablet, or computer. LiveHealth Online is available 24/7 for many common health concerns, and if appropriate, prescriptions can be sent directly to your local pharmacy.

Mental health services are also available through LiveHealth Online, including access to licensed psychologists and psychiatrists.

You can access LiveHealth Online through the "Care" section of the Sydney Health mobile app. Scan the QR code below to download the app.



Scan to Download!

Scan the QR code to download the Sydney Health (Anthem) app.