



Employee Health Benefits

"Your Benefits Your Future": Upcoming Training

Unlock the full potential of your health, wellness, and retirement benefits! Join us **September 18, 2025, 1pm to 4pm** for an informative session covering the wide range of resources available to support both your well-being and financial security.

In this training, you'll learn about:

- Qualifying for the Wellness Incentive
- Upcoming health plan changes
- Preparing for Open Enrollment
- Understanding your MCERA retirement benefits

Pre-registration is required — sign up today to secure your spot.

[Click Here to Register!](#)

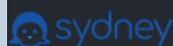
➔ Digbi Health Program - Webinar Schedule

Starting January 1, 2026, eligible Anthem members can access Digbi Health — a no-cost, personalized 52-week program supporting weight, diabetes, digestive health, and GLP-1 management.

Learn more by joining a live webinar on the scheduled date and time (no pre-registration required). Consider adding the session to your calendar to ensure you don't miss it.

Click the link at the scheduled time to join the live webinar:

- [September 25, 2025 | 1:00–2:00 PM](#)
- [October 7, 2025 | 9:00–10:00 AM](#)
- [October 22, 2025 | 1:00–2:00 PM](#)
- [November 6, 2025 | 9:00–10:00 AM](#)



Download the Sydney App

Scan the QR code to download the Anthem's mobile app to your device. View your virtual ID cards here.