

A digital coach for your health

Well-being Coach can help you reach your health goals

Live a healthier life with motivation from your personal coach!

Anthem is excited to introduce Well-being Coach, a digital coaching app that brings you closer to your health goals at **no extra cost**.

Well-being Coach can help you make positive, lasting changes by connecting you to a digital health coach, 24/7, through your smartphone or Apple Watch. The program learns about your habits and lifestyle to give you customized, step-by-step guidance you can act on — whether you want to **quit using tobacco, lose weight, or achieve other wellness goals.**

With Well-being Coach, you can access real-time:

- One-on-one text coaching, day or night.
- Feedback on food choices, general nutrition, and meal planning.
- Support for quitting tobacco use before, during, and after your actual quit date.
- Activity tracking and recommendations.
- Help for other well-being issues, like mindfulness and sleep.

If you need additional support, you can ask to speak with a certified health coach by phone.



As a bonus, using Well-being Coach can earn you points toward rewards. To check on your point totals, look under *My Health Rewards* within your Sydney Health app or on [anthem.com](https://www.anthem.com).

Well-being Coach digital incentives	Sydney My Health Rewards
First completed mission daily check-in	10 points
Achieve 15 completed mission daily check-ins during the first 3 months	15 points
Achieve 25 completed mission daily check-ins during second 3 months	25 points
Achieve 25 completed mission daily check-ins during third 3 months	25 points
Achieve 25 completed mission daily check-ins during fourth 3 months	25 points

Your health journey is yours to explore. Well-being Coach is here to encourage and inspire you wherever you are along your path.

Begin the program today by downloading the Sydney Health app from the App Store® or Google Play™.

Go to *My Health Dashboard* and select *Well-being Coach* under *Programs*. Follow the prompts to download the Lark app.*



*Well-being Coach is powered by Lark. Lark is a digital coaching app accessible through Sydney Health. Sydney and Sydney Health are service marks of CareMarket, Inc. ©2020.

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