

# ANTHEM WELLNESS PROGRAMS FOR UC PPO PLAN MEMBERS

Offering a range of programs to support your total well-being. Visit [ucppoplans.com](https://ucppoplans.com) to learn more about these programs and how you can get started.

## Health Plan Support and Services



### ANTHEM.COM MEMBER PORTAL

Find tools at [anthem.com/ca](https://anthem.com/ca) to help you manage your health plan, including your member ID cards, finding a doctor, hospital, or nearby urgent care center, and much more.



### SYDNEY HEALTH

A mobile app to help you find a doctor, view your coverage and member ID cards, estimate your costs for care and more.



### SPECIAL OFFERS

Discounts on products and services — from gym memberships to eyewear, hearing aids, weight loss programs and more.

## Emotional Health



### ANTHEM BEHAVIORAL HEALTH RESOURCE CENTER

Licensed clinicians can help find resources for depression, eating disorders, substance misuse and more.



### MYSTRENGTH

Self-paced online tool to develop mindfulness practices and resiliency to manage everyday struggles and improve and maintain your overall well-being.

## Physical Health



### CONDITIONCARE

24/7 access to nurses, dietitians, pharmacists, social workers and more to help you manage an ongoing condition.



### COMPLEXCARE

If you're coping with a major orthopedic, heart, nerve or cancer-related health issue, get support from a nurse care manager who works with you and your treating doctor to create a care plan.



### SOLERA

For members at risk for developing diabetes, this no-cost 16-week program provides tools and techniques to help you lower your blood sugar into the normal range.



### FUTURE MOMS

Designed for pregnant women, this program offers additional advice to follow your doctor's care plan.



### TOBACCO CESSATION

No-cost over-the-counter smoking cessation products (when prescribed by a doctor) and modification programs to help you quit.

Find more information about these Anthem programs at [ucppoplans.com](https://ucppoplans.com) or call Anthem Health Guide at (844) 437-0486, Monday through Friday, 5 a.m. to 8 p.m. PT, except holidays.