

VALUE ADDED SERVICES

Exclusive to Anthem Members

Sydney Health	Mobile App	Download the app to find care, access digital ID card, and check claims status.
LearnToLive	Emotional Wellbeing Support	Visit Anthem.com/ca or log in to Sydney App. Go to My Health Dashboard , choose Programs , and select Emotional Well-being Resources .
Action Plans	Health Goal Setting	Visit Anthem.com/ca or log in to Sydney App. Go to My Health Dashboard , choose Action Plans .
Building Healthy Families	Family Planning Program	Visit Anthem.com/ca or log in to Sydney App. Find Featured Programs , select View All , choose Building Healthy Families .
Condition Care	Chronic Condition Support	Visit Anthem.com/ca or log in to Sydney App. Go to My Health Dashboard , choose Programs , and select Condition Care or call 866-330-2707 .
LiveHealth Online	Telemedicine / Virtual Healthcare & Mental Health Services	Visit Anthem.com/ca or log in to Sydney App. Find the Care tab, select Virtual Care in the drop-down menu, select Video Visit Options .
Informed Help Line	24/7 Nurse Support	Call the member service number on your ID card to talk to a nurse, day or night.
Case Management	Health Care Advocate	Call the member service number on your ID card and ask for Case Management .
SpecialOffers	Gym Membership & Hearing Program Discount	Visit Anthem.com/ca . Go to Care and select Discounts .

Exclusive to Kaiser Permanente Members

Calm	Mental Health Support	Visit kp.org/selfcareapps to access resources.
Headspace	Mental Health Support	Visit kp.org/selfcareapps to access resources.
Nurse Advice Line	Telemedicine	Call the number on the back of your member ID card.
Telehealth	Telemedicine and Virtual Healthcare	Visit kp.org , the mobile app, or call the number on the back of your member ID card.
Maternity Services	Maternity Support	Call (866) 454-8855 to speak with an advice nurse or go to kp.org/maternity for in-depth resources.
ClassPass	Gym Membership Discount	Get started at kp.org/exercise
One Pass™ from Optum	Gym Membership and Wellness Discounts	Choose a fitness plan that fits your lifestyle and get unlimited access to all locations available within that plan, plus extensive digital resources. Visit kp.org/exercise for more information.
Wellness Coaching	Wellness Resources	Call (866) 862-4295 to make an appointment or visit kp.org/wellnesscoach
Health & Wellness Coaching	Wellness Resources	Visit kp.org/health-wellness to access resources.

Exclusive to Delta Members

BrushSmart	Oral Health Program	Visit brushsmart.org to fill out the form to get started.
Amplifon QualSight	Various Discount Programs	Visit amplifonusa.com/deltadentalins or call (888) 779-1429 for more information. Visit qualsight.com/-delta-dental or call (855) 248-2020 for more information.

Exclusive to The Standard Members

The Life Services Toolkit	Estate and Financial Planning	Visit standard.com/mytoolkit and enter the username “assurance” for information and tools.
Assist America	Travel Assistance	Call (800) 872-1414 for more information. Reference Number: 01-AA-STD-5201.

Exclusive to VSP Members

VSP Exclusive Member Extras	Eye Care Discount Program	Get access to more than \$3,000 in savings from VSP® and other popular brands. You can also save on everyday products and services that fit your needs beyond vision care—like discounts on fitness, nutrition, prescription drugs, and access to diabetes resources. View all Exclusive Member Extras at vsp.com/offers or call (800) 877-7195.
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Employee Wellness Program

Wellness Rewards Program	Rewards	City of San Jose offers up to \$50 in Wellness rewards each year to both full-time and part-time benefited employees who are enrolled in a CSJ-sponsored medical plan. Visit the Wellness SharePoint site for more information.
Wellness Resources	Wellness	
Health Screening	Wellness	