

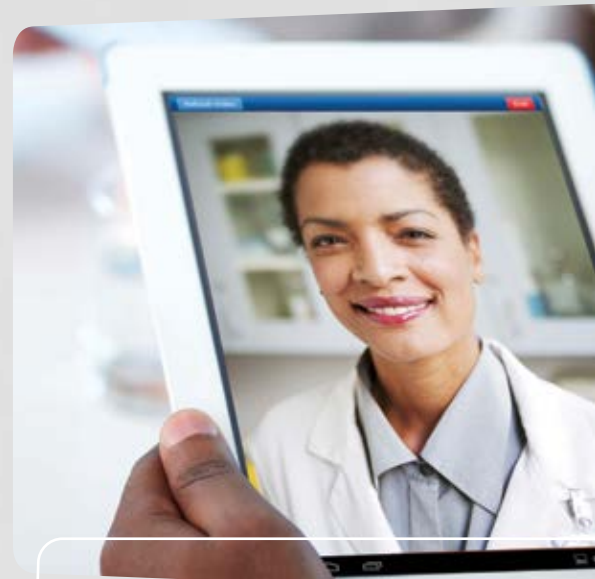


## COVA HDHP members - pay \$55 for a LiveHealth Online visit or 20% after deductible!

### Access **LiveHealth Online** from your smartphone, tablet or computer, or via the **Sydney Health<sup>SM</sup>** app:

Go to [livehealthonline.com](https://livehealthonline.com) or download the Sydney Health app so you'll be ready whenever you need these LiveHealth Online services.

- **LiveHealth Online Medical** – Use your smartphone, tablet or computer to see a board-certified doctor in minutes, any time, day or night. It's a fast, easy way to get care for common medical conditions like the flu, colds, allergies, pink eye, sinus infections, and more. You can also schedule wellness or Primary Care visits.
- **LiveHealth Online Psychology** – Use your device to make an appointment to see a therapist or psychologist online.
- **LiveHealth Online Psychiatry** – Unlike therapists who provide counseling support, psychiatrists can also provide medication management. Use your device to set up a visit online.
- **LiveHealth Online EAP** – You can access your free EAP counseling sessions from your device. Contact your EAP at **1-855-223-9277** to learn more.
- **Lactation Support** – If you're a new mom, use LiveHealth Online for online visits with a lactation consultant, counselor or registered dietitian.
- **LiveHealth Online Healthy Sleep** – Access to virtual sleep specialists that can order at-home sleep evaluations, diagnose sleep disorders and design treatment plans to improve sleep and overall health.
- **LiveHealth Online Healthy Back & Joints Program powered by Sword** – This effective and convenient digital physical therapy program addresses a broad range of musculoskeletal conditions by using smart digital sensors, a tablet and licensed physical therapists.



**Access LiveHealth  
Online today.**

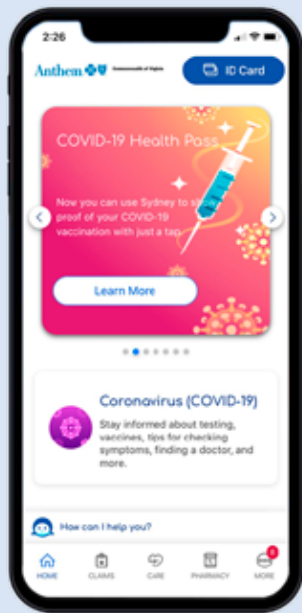
**Download the Sydney Health app  
and look for Video Visit under the  
Care tab or register online at  
[livehealthonline.com](https://livehealthonline.com).**



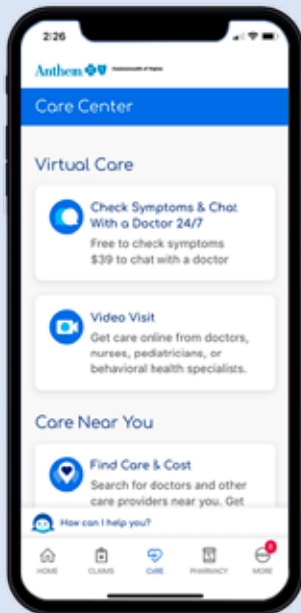
## Say hi to Sydney

Health care you can carry in your pocket

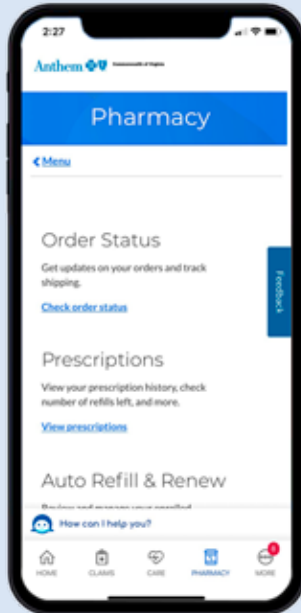
The **Sydney mobile app** acts like a personal health guide, answering your questions and connecting you to the right resources at the right time. And you can use the chatbot to get answers quickly. Just *download the Sydney app from the Apple Store (iOS) or Google Play (Android)* today so you can access your health plan from anywhere, any-time. You'll use the same user name and password that you use on [anthem.com](https://www.anthem.com).



HOME



FIND CARE



MANAGE PRESCRIPTIONS



VIEW YOUR ID CARDS

COVA HDHP



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2022

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