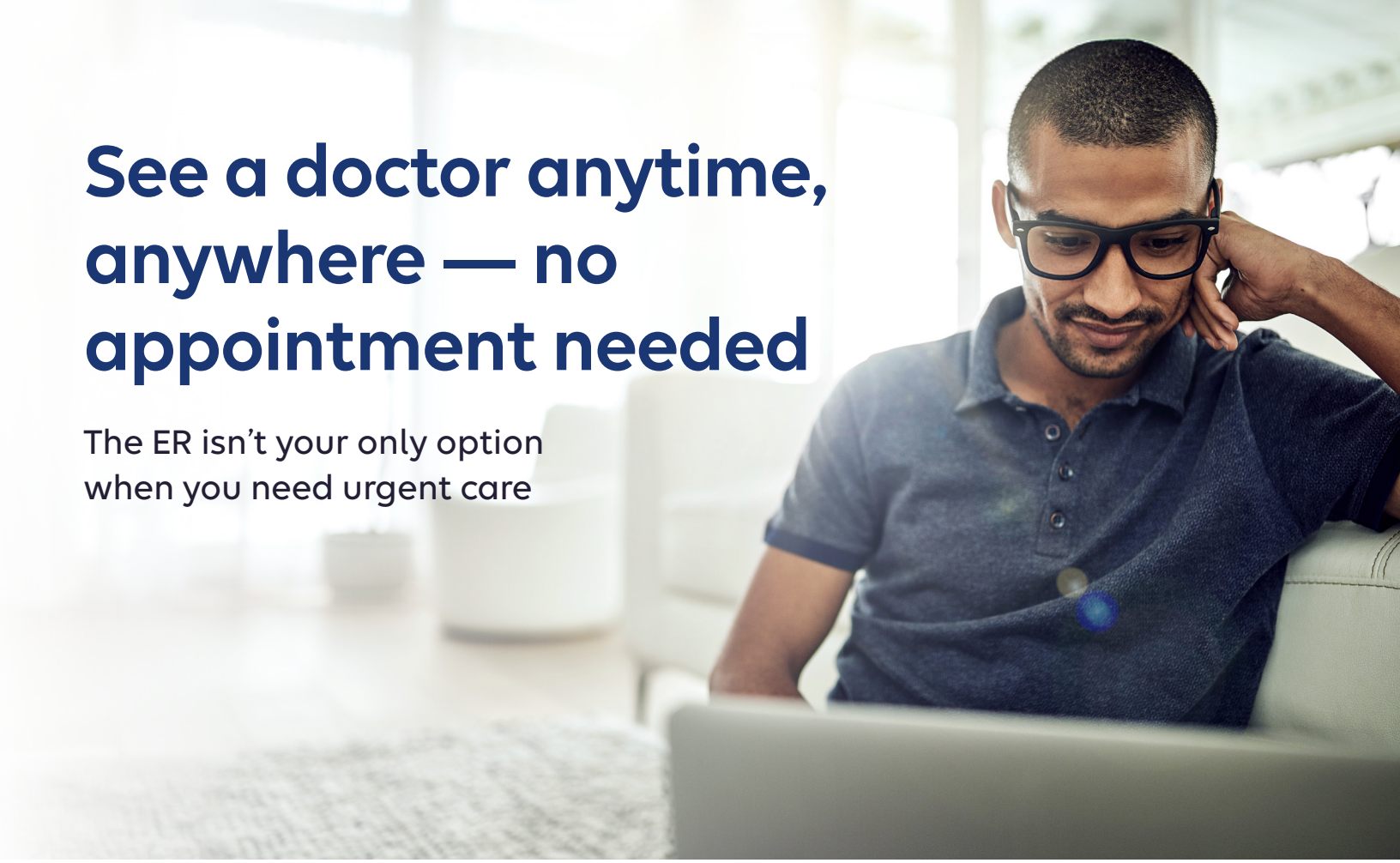


See a doctor anytime, anywhere — no appointment needed

The ER isn't your only option when you need urgent care

If you think you're experiencing a life-threatening emergency or your health is in serious jeopardy, you should always call **911** or go to the emergency room (ER) immediately. However, if you need nonemergency care quickly but your primary care provider isn't available, it's important to know you have options besides the ER.

Now more than ever, people are turning to virtual care (also known as telehealth or telemedicine) from experienced doctors on their phones, tablets, and computers. It's a convenient, affordable choice when you want help right away with urgent issues.

Why virtual care?

24/7 help

Fast doctor visits through your phone tablet, or computer — no appointments or waiting rooms.

Affordable care

Virtual visits cost significantly less than a trip to the emergency room.[1]

Reliable care you can trust

Manage your urgent care needs and receive expert advice, treatment plans, and prescriptions.[2]

Anthem

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What can virtual doctors treat?

Virtual doctors can typically treat conditions and symptoms including.[3]

- Colds.
- Sore throats.
- Headaches.
- Mild fevers.
- Stomachaches.
- Uncomplicated urinary tract infections (UTIs).
- Care management for certain chronic conditions.
- Sprained wrists, fingers, or ankles.
- Back pain.
- Joint pain.

As part of your treatment plan, your virtual doctor can also:

- Prescribe certain mediactions.
- Recommend specialists.
- Order lab tests.
- Tell you if it's time to seek care in person.
- Recommend over-the-counter mediactions or treatments.

Are you ready to try a virtual visit?

Next time you're not feeling well, telehealth may be able to help.

Download the sydney® Health app today.

Use the Sydney Health app for a virtual visit with a doctor 24/7. Video call with a doctor who can help you feel better — no appointment required.

Use your phone's camera to scan this QR code. You can also ask your primary care provider if they offer telehealth visits.

sydney®

Download on the App Store

GET IT ON Google Play

1 Costs are calculated according to the member's estimated out-of-pocket costs and average health plan copays. Care outside your network may cost more out of pocket. Call the Member Services number on your member ID card if you have questions about your plan.
2 Your doctor will prescribe you medications as they see fit.
3 If you believe you are having a life-threatening emergency or your health is in serious jeopardy, call 911 immediately.

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

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