

Find extra motivation for a healthy lifestyle

Start earning rewards today by making healthier choices, like tracking your steps, reading educational articles, or having a wellness exam.

Here's how it works:

- Download or log in to your no-cost SydneySM Health app and select **More**.
- Select **My Health Dashboard**.
 - To earn your rewards, scroll down and select **My Rewards** to view activities that you can complete.
 - To redeem your rewards, scroll down and choose **Redeem Rewards**.*

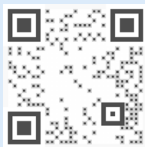
Sydney Health provides more than just inspiration

Your Sydney Health app can help you navigate the healthcare system with personalized information based on your unique needs, behaviors, and preferences. On the app, you can see your health plan and programs, find care and check costs, view benefits and claims, access digital ID cards, and even have a virtual care visit with a doctor.



Reward your accomplishments

Download or log in to your Sydney Health app.



Scan the QR code using the camera on your phone, then tap the link to download the Sydney Health app.

* If your plan includes premium contributions or account deposits, you may not see a *Redeem Rewards* section. Call Member Services using the number on the back of your member ID card for more information. Incentive plans may vary based on your employer benefits.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2024 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health.

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