Anthem has plans that fit your needs

Personalized health benefits and rewards for your whole health





You and your family deserve health benefits you can depend on to support your overall well-being. Anthem is the only health plan that covers every county in Colorado, and offers access to more than 2 million doctors and hospitals — the nation's largest network of care providers, touching every ZIP code in the U.S.[1]

With an Anthem plan, you'll have access to a variety of benefits, including virtual care options that connect you directly to care from anywhere with a smartphone, tablet, or computer with a camera. You'll be able to meet with a doctor or therapist through video with little to no wait time.[2,3]

Health and wellness programs

Staying on top of your health is important but can sometimes be hard to do on your own. Your Anthem health plan gives you access to programs and resources — at no added cost — to help you improve your overall health, save on the cost of care, and better manage any health conditions. We connect you to the right resources that can help you more easily meet your goals.

Support your whole health — and spend less

CarelonRx Pharmacy home delivery: For medicines you take on a regular, long-term basis, you can save time and possibly money by filling your medications with CarelonRx Pharmacy, our home-delivery service. Most commonly used medicines and select generic drugs are no cost, and you'll receive a 90-day supply. You can also manage your prescriptions with the **Sydney℠ Health** app or at anthem.com and set up reminders and automatic refills.[4]

Smart Rewards: Earn rewards for living healthier every day with our digital incentive program, such as when you and your covered partner have a wellness exam or complete an online health assessment.[5]

SpecialOffers: Find discounts on a variety of programs that help promote better health and well-being, including products and services for dental, vision, hearing, fitness and nutrition, family planning, pet insurance, health supplements, and skincare.[6]

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Your health is important, and we are here to help

Keeping up with your health can be hard, which is why we have programs to help coordinate your care more easily. Whether you're managing depression, a knee injury, asthma, or cancer — or you just have a question — help is only a call, tap, or click away.

24/7 NurseLine: A registered nurse is available to answer your health questions anytime, day or night. They can help you decide where to go for care and find doctors or other healthcare professionals in your health plan's network.

Behavioral health: When life gets tough, it can be hard to remember you're not alone. Your Anthem health benefits include a variety of support for your mental health and emotional well-being, including virtual help for substance use, eating disorders, depression, anxiety, and suicide risk. **Anthem's national behavioral health network is twice as large as our competitors'**, offering you more choice, including LiveHealth Online, Headway, and other online therapy platforms.[7]

Case Management: A care management team will reach out to help as you transition home from surgery or if you have a serious health condition. They will answer your questions about follow-up care, medicines, or treatment options; coordinate benefits for home therapy or medical supplies; and find community resources for you.

Cancer Care Navigator: Offers adults with high-risk cancer extra support to help coordinate care and act as a single point of contact for the patient and their oncologist and care team.

24/7 access to $0-copay virtual care[8]

With our **award-winning** Sydney Health app, you can connect to your benefits and care in one place.[9] With a few taps, you can access plan details, Member Services, wellness resources, and have a video visit. The app has been used more than 80 million times with a **91% digital containment**. This means that users find what they need on the app without calling for help.[10]

Scan the QR code with your phone's camera to download the **Sydney Health** app.

We are here to help you learn about your options

Contact Member Services at the number on the back of your member ID card or your Anthem representative for more information.

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1 Blue Cross Blue Shield Association: *The Blue Cross and Blue Shield System* (Accessed September 2025): bcbs.com/about-us/blue-cross-blue-shield-system.
2 Appointments subject to availability of a therapist. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide & Crisis Lifeline), or 911 for help. If your matter is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.
3 LiveHealth Online internal data, 2023.
4 Some commonly used prescription drugs are available at no cost to you. Contact us or your Anthem representative for more information.
5 Rewards eligibility applies only to subscribers and their enrolled spouse/domestic partner (if applicable) with Anthem medical benefits unless employer chooses subscriber-only rewards. Eligible members must be active on the plan and their activity must take place during the plan year. A subscriber and eligible spouse/domestic partner may earn rewards when eligible activities are completed and, in some instances, are verified by an Anthem claim. The reward amount you receive may be considered income to you and subject to state and federal taxes in the tax year it is paid. You should consult a tax expert with any questions regarding tax obligations.
6 SpecialOffers and discounts are subject to change without notice.
7 Comparing Blue Cross Blue Shield Association 2022 network data versus same-period competitive data from Becker's Payer Issues: The size of 5 payers' mental, behavioral provider networks (December 2022): beckerspayer.com.
8 Virtual care visits, including medical video visits using the Sydney Health app are at no cost to members for most plans. Those enrolled in high-deductible health plans associated with a health savings account and Catastrophic plans must first meet their deductible. Virtual care visits refer to medical video consultation, as deemed appropriate by a licensed physician.
9 Digital Health Awards®, 2024 Digital Health Gold Award: healthawards.com.
10 Digital Product & Experience, 2024 Accomplishments: A Year in Review.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan. Therapymatch, Inc. d/b/a/ Headway and Talkspace, Inc. are separate companies providing behavioral health services on behalf of your health plan.

CarelonRx, Inc., is an independent company providing pharmacy benefit management on behalf of your health plan.

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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