



Focusing on your health and well-being

Keeping our members healthy and safe remains our top priority in these challenging times. With an increase in the number of COVID-19 cases nationwide, we want to remind you to continue following basic preventive guidelines to help protect yourself and minimize risks. If you become sick and are concerned about COVID-19, we are here to help. We encourage you to use tools like Sydney Care to assess your symptoms and determine your next steps.



[Practice simple health habits to help protect yourself](#)

Your infographic guide to safe and smart health practices during the pandemic.



[Take preventative steps if you are at high risk for COVID-19 complications](#)

7 ways to help limit your exposure, protect your health, and connect to helpful resources.



[Download Sydney Care app to access a free COVID-19 assessment*](#)

You can easily check your symptoms and talk to a doctor using text or video, right from your phone.

By sharing information and powerful digital tools, such as the Sydney Care app, we are continuing to provide solutions to help our members stay safe and well.

* The Sydney Care COVID-19 Assessment is based on guidelines issued by the Centers for Disease Control and Prevention, and reviewed and approved by Anthem, Inc.'s Clinical Solutions team.

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