



Introducing Building Healthy Families

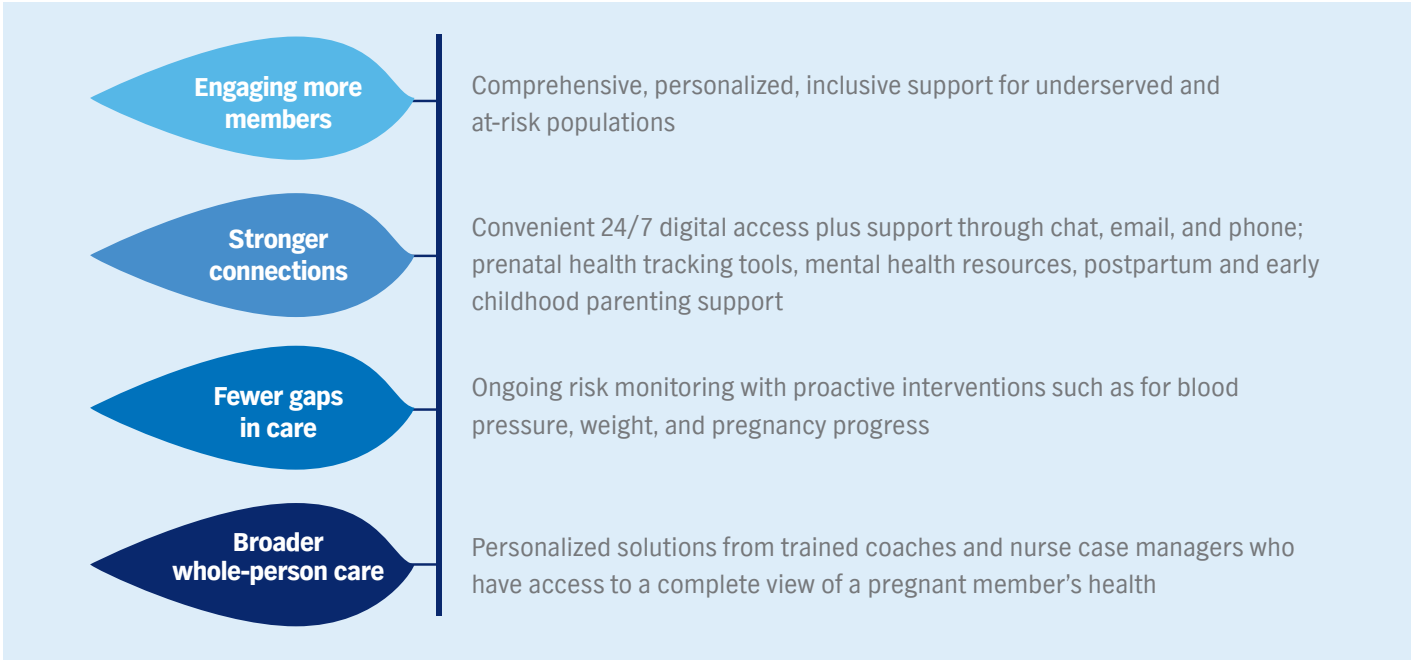
▶ **New maternity healthcare program redefines and expands support**

Today, people are finding their own unique pathways to parenthood and redefining what it means to be a family. They want to be able to access support for growing their family at every stage with the same convenience they find elsewhere in today's digital world.

A personalized care journey to healthier parenthood

Beginning in 2023, Building Healthy Families will replace Future Moms, our current maternity support program. This new program offers individuals a more inclusive, personalized, digitally enabled journey to parenthood. Whether they're trying to conceive, expecting a child, or raising young children, individuals and their families can connect to personalized support every step of the way. Online and mobile-friendly tools such as our SydneySM Health app offer convenient access to the program's expanded set of support and resources.

End-to-end healthcare support for people starting families



Building Healthy Families expands, enhances, and modernizes Future Moms

Building Healthy Families improves upon Future Moms with convenient digital access to more tools and information backed by expertise and support that families need.

Features	Future Moms					Building Healthy Families				
		Digital	Email	Phone	Postal		Digital	Email	Phone	Postal
Promotes healthy pregnancy and healthy babies	✓					✓				
Recognizes signs of pregnancy-related complications	✓					✓				
Ongoing pregnancy risk monitoring with proactive intervention for high-risk pregnancies	✓			●		✓	●		●	
High-risk maternity nurse care management	✓			●		✓			●	
Targeted communications to encourage member engagement	✓				●	✓	●	●		
Proactive outreach to pregnant members	✓				●	✓	●	●		●
Member access to program	✓			●		✓	●		●	
LiveHealth Online with Lactation (through Sydney Health)	Optional (additional cost)	●				✓	●			
Accessible through anthem.com and the Sydney Health app						✓	●			
Family Care Coach offering ongoing nonclinical support and coaching to pregnant members						✓	●		●	
Content personalized to an individual's clinical, lifestyle, social, and diversity needs						✓	●			
Pre-conception content						✓	●			
Maternity and postpartum content and support	✓			●		✓	●		●	
Parenting/early-childhood content						✓	●			
Well-being content						✓	●			
Digital trackers: <ul style="list-style-type: none"> ○ Ovulation ○ Health-risk monitoring (blood pressure, weight, glucose, kick counts) ○ Baby (movement, growth, feeding, diaper, vaccination) 						✓	●			
Digital tools: <ul style="list-style-type: none"> ○ Message Center for pregnant members ○ To-do lists ○ Meditation/mindfulness resources 						✓	●			
Fertility Support Program (administered by WINFertility)	Optional (additional cost)					Optional (additional cost)				

Building Healthy Families replaces Future Moms starting in 2023

The new program will begin for select ASO Large Group clients beginning in 2023, with more to follow at annual renewals or on a case-by-case basis. Talk to your Broker or Anthem Sales representative to find out more.

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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