



Total Health, Total You

supports your overall health



Total Health, Total You helps you take care of your health, work on lifestyle changes, and connect with specialized health professionals, no matter where you are. Our dedicated Health Guides serve as your single point of contact, guiding you in making the most of your benefits so you can feel confident about taking care of your health.

Living healthier is more than just receiving care and treatment when you are sick. Total Health, Total You helps you:

- Take steps to improve your health so small issues do not become more serious.
- Gain peace of mind by understanding what your plan covers, how much services cost, and where you have spent your healthcare dollars.
- Manage and live better with chronic conditions, even working with your providers and specialists to provide seamless support.
- Find high-quality doctors, specialists, or care facilities.
- Deal with the unexpected, like arranging care before or after a surgery or hospitalization.



Health guides offer personalized support

Your Health Guide works with you to understand your unique needs so they can tailor recommendations to your specific circumstances. You can call or chat with Health Guides who can answer questions about your healthcare and your health plan.

If you need extra support, the Health Guide can connect you to a team of health professionals, such as nurses, social workers, dietitians, respiratory therapists, pharmacists, exercise physiologists, and health coaches.





Access to care and support has never been easier

With the SydneySM Health mobile app, access to your **Total Health, Total You** benefits is as simple as picking up your smartphone. You can use it to:

- View your health plan details.
- Participate in wellness activities.
- Access your digital ID card.
- Chat with a Health Guide.
- Find local doctors in your plan.



Download SydneySM Health today

Be ready to connect with the support you need anytime so you can take better care of your health.

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