

Reach your health goals with Well-being Coach



When you're trying to live healthier, extra support can make all the difference. With Well-being Coach, you'll receive personalized guidance from a health coach at no extra cost to you.

What Well-being Coach can do for you

Embracing a healthier lifestyle isn't always easy. We know that. Well-being Coach can be your cheerleader and guide as you change old habits. The program includes:

 Access to a health coach by phone and a 24/7 digital chat platform.

 Activity tracking and exercise recommendations.

 Tips to reach any weight goals.

 Well-being tools to improve mindfulness and sleep.

 Support for quitting tobacco, if needed.



Start today

Call **833-985-8464**, or search Well-being Coach in the SydneySM Health app.

Download Sydney Health with the QR code or from the App Store[®] or Google Play[™].

Well-being Coach digital coaching is powered by Lark. Lark is a digital coaching app accessible through Sydney Health. Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. Carelon Health, Inc. is a separate company providing care management services on behalf of Anthem Blue Cross and Blue Shield.

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