



Anthem Health Guide

Your health plan support team



Trying to understand your benefits or connect to care? Anthem Health Guide can help. We'll answer your questions, simplify processes, and explain how to use your benefits. That way you can focus on what matters most — your health.

We're there when you need us

Our role is to listen and be by your side when you need guidance. Let us know how we can support you.

- **When you need help now:** We know you're busy, so we always aim to answer your questions in just one call or chat.
- **When you're not sure what to do:** We'll step in when you don't know what your benefits cover, how much a service will cost, or what doctor to see. We can also help you save on your prescription drugs by switching to generic from brand-name, if available.
- **When you need help coordinating care:** Your health is important. We'll work with you to schedule appointments and make sure you take full advantage of your benefits.



Connect with Anthem Health Guide

Call us at **833-388-1400** or scan the QR code to download the SydneySM Health mobile app. Log in, choose **Customer Support**, and select **Contact Us**.

Anthem 
And Its Affiliate HealthKeepers, Inc.

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