

Supporting your whole health

Extra benefits are included in your MEA Benefits Trust health plan



The Anthem Medicare Preferred (PPO) with Senior Rx Plus health plan includes several additional benefits, programs, and services to support your health and well-being. Designed to help you get the most out of your health plan, these offerings focus on preventive care and promoting better health.

Personify Health

Personify Health is a unique online wellness platform with tools and support to help you make changes to your physical health, activity level, mental health, and day-to-day stress.

You can be rewarded for your healthy habits with up to \$250 in cash incentives and can choose from more than 100 points-earning activities.¹

You can also earn a chance at one of five drawings each for \$50 in Rewards Cash through Secret Level 5.

How to get started:

- To register, scan this QR code with your phone's camera, or go to join.personifyhealth.com/MEABT.
- Already a member? Sign in at login.personifyhealth.com.
- If you have questions, contact Personify Health at **855-689-6884**.



SilverSneakers

Stay energized and be part of a community with the SilverSneakers fitness program,² included with your plan at no extra cost. Create your account at silversneakers.com for access to thousands of fitness locations nationwide, group exercise classes, and a mobile app for workout programs.

TruHearing Care Solutions

You have access to a wide range of hearing benefits through **TruHearing**. Get a routine hearing exam every 12 months for a \$0 copay and a hearing aid allowance up to \$3,000 per ear every 36 months. Even if your care provider is not in the **TruHearing** network, you may be eligible for reimbursement for any payments made up to your benefit limit. Contact **TruHearing** for more information at **855-312-2545**.

Member Assistance Program

Your Member Assistance Program (MAP) offers valuable resources designed to help you overcome challenges that can impact your health and family life. Through the MAP, you can receive mental health support, consult with a lawyer, connect with resources to improve your financial standing, and sign up for ID recovery and monitoring services. Call your MAP at **855-686-5615** or go to anthemEAP.com and enter **MEABT** to log in.

The House Call program³

A personalized visit by a licensed clinician to your home that can lead to a care plan tailored just for you. Call Anthem Member Services at the number on the back of this page to schedule your visit.



The Sydney Health app

It's easy and convenient to stay on top of your healthcare and access your plan information 24/7 right from your mobile device. You can find care, view your benefit plan, access digital health plan ID cards, and see a live doctor with virtual visits.



Download the **SydneySM Health** app today from the App Store® or Google Play™, or scan this QR code with your phone's camera.

LiveHealth Online

You can have a video visit with a board-certified doctor or licensed therapist on your smartphone, tablet, or computer with a camera when you can't go to a doctor or clinic in person.⁴ LiveHealth Online is included at no additional cost.

You can access LiveHealth Online through the Sydney Health app or the member website. On the Sydney Health app, select **Care**, then **Video Visit**. On **anthem.com**, log in and go to the **Care** tab and select **Find Care** in the drop-down menu. Then under *More Options*, select **Video Visit**.

Blue View Vision

A comprehensive vision plan is now included in your group Medicare Advantage plan at no extra cost. It includes a routine eye exam every calendar year, a one-time allowance toward the purchase price of an eyeglass frame every two calendar years, and eyeglass lenses or a supply of contact lenses every two calendar years. For more information on your vision benefits, contact Member Services at 844-963-0436.

24/7 NurseLine

You can speak with a registered nurse when you have health questions or need help finding care. Please call **800-700-9184**, anytime, day or night.

Extra Covered Drugs

Your plan includes cough and cold medications, vitamins and minerals, and erectile dysfunction (ED) drugs that are not normally covered under a Part D plan. You can access a list of Extra Covered Drugs at anthem.com or by calling our Member Services at 844-963-0436. To receive coverage, you must have a prescription from your care provider.



We want to help and will be here when you need us:

Anthem Member Services — **844-963-0436**

TruHearing — **855-312-2545**

LiveHealth Online — **anthem.com** or **Sydney Health app**

MEA Benefits Trust — **888-622-4418** (meabt.org)

Member Assistance Program — **855-686-5615**

Personify Health — **855-689-6884**

Silver Sneakers — **silversneakers.com**

24/7 NurseLine — **800-700-9184**

¹ Only a subscriber and their enrolled spouse or domestic partner, or dependents, age 18 or older, are eligible for program rewards.

² SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. ©2025 Tivity Health, Inc. All rights reserved. Tivity Health, Inc. is an independent company, providing health and wellness benefit management on behalf of Anthem Blue Cross and Blue Shield.

³ The House Call program is administered by an independent company. House Call clinicians do not prescribe medication. The visiting clinician will review your medications with you and may make recommendations for you to talk about with your primary care doctor.

⁴ Psychiatrists on LiveHealth Online will not offer counseling or talk therapy. Online counseling is not appropriate for all kinds of problems. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (Suicide and Crisis) or 911 and ask for help. LiveHealth Online does not offer emergency services.

In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare provider in your plan's network. If you receive care from a doctor or healthcare provider not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

LiveHealth Online is offered through an arrangement with Amwell, a separate company, providing telehealth services on behalf of your health plan.

Sydney Health is offered through an arrangement with Caredon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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