

Supporting you in your health goals

Explore the programs and services your plan offers



Extra support included in your Maine Education Association (MEA) Benefits Trust health plan

If you want to develop healthy habits, we are here to encourage, inspire, and reward you on the path to better health. Your health plan comes with a rewards program and various helpful resources to support your health and well-being.

SmartShopper

Your Anthem health plan now offers SmartShopper®, an incentive program that helps you save money by comparing costs for over 100 medical procedures and tests at locations in your health plan's network. SmartShopper will send you a cash reward between \$25 and \$1,000 when you choose a reward-eligible location for care.

Log in to the **Sydney® Health** app to compare locations or call the SmartShopper Care Concierge Team at **866-488-5441** for help. For no extra cost, the Care Concierge Team can:

- Compare locations and reward amounts
- Get your preapprovals, if needed
- Schedule your service for you

Personify Health

This well-being program helps you build healthy habits, manage stress, and stay active. Participate in the program by completing different levels work toward earning \$62.50 in rewards each quarter, up to \$250 a year. Once you've finished Level 4, complete Secret Level 5 for a chance to win one of five drawings, each for \$50 in rewards.¹

Scan the QR code or go to join.personifyhealth.com/meabt to register and get started. Current members can sign in at app.personifyhealth.com.

Contact Personify Health Customer Service at **855-689-6884** with questions.

SmartShopper®

Diabetes Prevention Program offered by Lark

Lark is a personal diabetes prevention coaching program that can help determine your risk for prediabetes and, if needed, suggest steps to address it. Registered participants will receive a wireless scale and move through milestones to help reduce their diabetes risk. You could also earn a fitness tracker and 5,000 Personify Health points to put toward rewards.

To see if you could benefit from this program at no extra cost, go to lark.com/anthem or scan the QR code to take a quick survey. You can also access Lark on Sydney Health under *Programs* in *My Health Dashboard*.



Member Assistance Program

Your Member Assistance Program (MAP) offers valuable resources to help you overcome challenges that can impact your health, family life, and job performance. A streamlined experience makes it convenient for you to access MAP services, including:

- Counseling sessions
- Dependent care referrals
- Tobacco-free resources
- Identity (ID) theft recovery and monitoring
- Health and wellness webinars
- Let's Talk Depression Center
- Legal and financial consultations for things like living trusts and power of attorney

Call your MAP at **855-686-5615** for more information.



Virtual care options through Sydney Health

With the Sydney Health app, you can access:

- Video visits with a doctor through LiveHealth Online
- Comprehensive primary care, coordinated by a care team
- Preventive care through virtual annual wellness visits and lab screenings^{2,3}
- Urgent care, 24/7
- A personalized care plan and follow-up visits
- Guidance on the care you need
- Unlimited access to care for common health concerns, as well as prescription refills and referrals⁴

To download Sydney Health, scan the QR code or search for it in the App Store[®] or Google Play[™].



LiveHealth Online video visits

When you can't see a doctor, psychologist, or psychiatrist in person, you can have a video visit with one from your smartphone, tablet, or computer with a camera at no added cost. Doctors at LiveHealth Online can also send prescriptions to your pharmacy, if needed.⁵

- Doctors can treat rashes, infections, colds, and the flu, and provide sleep and lactation support.
- Dermatologists can diagnose and provide a treatment plan in under three days for skin, hair, and nail conditions based off uploaded photos.
- Psychologists and therapists can provide talk therapy, while a psychiatrist can prescribe medicine if needed.⁶

Sign up at livehealthonline.com or download the Sydney Health app to get started. You can also call LiveHealth Online at **844-784-8409** from 7 a.m. to 11 p.m. ET.

ConditionCare

This health and wellness program helps you understand and manage long-term conditions, including:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Diabetes
- Heart failure

If you have one of these health conditions, please call **866-962-0960** to learn more or take part.

Building Healthy Families

Building Healthy Families provides digital support for growing families through Sydney Health and anthem.com at no extra cost. Get personalized support at every stage, from family planning and pregnancy through the toddler years. Plus, if your family story includes adoption, surrogacy, or single parenthood, the resources on your profile will be tailored to your needs.

Blue View Vision

Regular eye exams help maintain your eye health and detect early warning signs of serious health conditions. Blue View Vision offers coverage for comprehensive eye exams, eyeglasses, and contact lenses. Visiting eye doctors in the plan's network can also help lower costs. Review your Blue View Vision Summary of Benefits or call **866-723-0515** to talk with a representative and learn more.

To find doctors in the plan's network, log in or register at anthem.com, select **Find Care**, then choose **Vision**.

24/7 NurseLine

You can speak with a registered nurse when you have health questions or need help finding care. Please call **800-337-4770** anytime, day or night.

Connect with the support you need

24/7 NurseLine: **800-337-4770**

Blue View Vision: **866-723-0515**

Building Healthy Families: **833-812-1776**

ConditionCare: **866-962-0960**

Lark Diabetes: lark.com/anthem

LiveHealth Online: livehealthonline.com

MEA Benefits Trust: **888-622-4418** or meabt.org

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

Member Services: **833-990-3607**

Personify Health: **855-689-6884**

SmartShopper: **866-488-5441**

¹ Employees, retirees, spouses, domestic partners, and dependents 18 to 26 years old are eligible, if covered under the MEABT health plan.

² Your virtual annual preventive care (wellness) visit is covered in full unless your employer has a limit or cap under your benefit plan.

³ Eligible employees are those who have not yet had a wellness visit during the plan year, either virtual or in person, and their organization has chosen to offer the virtual primary care experience without a limit or cap under your benefit plan. If an employer group has a cap on the number of preventive care (wellness) visits and the employee has exceeded the cap but would like to have another wellness visit, they may be responsible for copays and other out-of-pocket costs for the visit. Employees should consult their benefit plan and/or contact Member Services if they have any questions.

⁴ Your doctor will determine if a prescription is needed at time of visit.

⁵ Prescription availability is defined by physician judgment. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

⁶ Appointments are subject to the availability of a therapist. Psychologists or therapists using LiveHealth Online cannot prescribe medications. Online counseling is not appropriate for all kinds of matters. If you are in crisis or have suicidal thoughts, it's important that you seek help immediately. Please call 988 (Suicide & Crisis Lifeline) or 911 and ask for help. If your concern is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

The Personify Health wellness program is a stand-alone wellness program administered by Virgin Pulse.

Diabetes Prevention Program is provided by Lark, an independent company.

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 Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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