

# Building Healthy Families

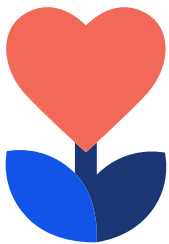


## Personalized support for every family

Every family is unique, and Anthem's new, all-in-one program has the resources to help each one grow strong, whether they're trying to conceive, preparing to welcome their first little one, or already have a toddler or two at home. Building Healthy Families provides support to help make sure all family members are happy, healthy, and cared for as their family grows.

Building Healthy Families offers personalized, digital support through the **Sydney<sup>SM</sup> Health** mobile app or on [anthem.com/ca](https://www.anthem.com/ca). This convenient hub offers an extensive collection of tools and information to help families navigate their journeys.

### Benefits to help families thrive



- One-on-one pregnancy support
- Interactive health trackers
- 24/7 access
- Personalized content

### Enroll in Building Healthy Families

1. Visit [anthem.com](https://www.anthem.com) or log in to Sydney Health.
2. Find *Featured Programs* at the bottom of the homepage.
3. Select **View All**, then choose the **Building Healthy Families** tile.



Scan this QR code with your phone's camera to get started.

# Designed with you in mind

Building Healthy Families offers personalized support at every stage with unlimited access to:

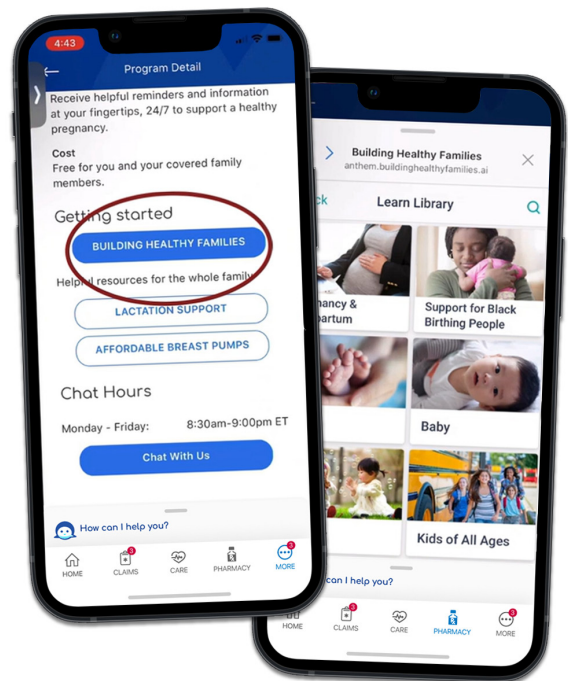
## Digital tools and resources

- Log feedings, diaper changes, and developmental milestones.
- Get updates on baby's development during pregnancy.
- Track ovulation.
- Monitor prenatal health risks like blood pressure and weight.

## Health and wellness expertise

- Explore a digital library with thousands of educational articles and videos on a variety of parenting topics.
- Chat with a Family Care Coach in the app for general pregnancy questions.
- Connect with a maternity nurse and virtual lactation support as needed during pregnancy and postpartum.

Growing your family is exciting, but that doesn't mean there aren't challenges. Building Healthy Families provides support to help nurture healthy pregnancies and tackle every stage of growth with confidence.



**Enroll in Building Healthy Families during your first trimester and complete the assessment questionnaire to receive a \$30 Amazon gift card.**



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