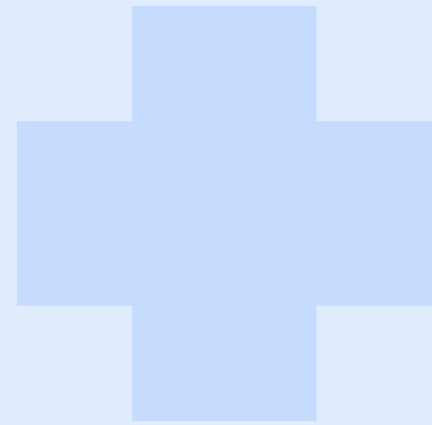


Benefits that make it easier to live your healthiest life

Your Anthem health plan is designed with your care needs in mind, giving you access to quality healthcare. Here's a look at the benefits and resources you have available.



Health and wellness benefits

24/7 NurseLine — A registered nurse is available at any time to answer questions about your health or where to go for care. Call **800-700-9184**.

Autism Spectrum Disorder — If your child is on the autism spectrum, this program is designed to help you build a strong support system for your entire family. A care manager will help you coordinate and customize your child's care, find community resources, and navigate the healthcare system.

Building Healthy Families — A digital program with chat support through our **SydneySM Health** app that can be personalized for your family's unique health needs. The program provides resources and support during family planning, pregnancy, postpartum, and beyond to help families grow strong.

Expanded virtual care options — Access to doctors in your plan's network from the **Sydney Health** app, anytime — now includes scheduled wellness visits and condition management, as well as private video visits with a therapist or psychiatrist.

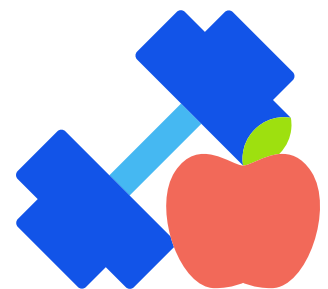
Employee Assistance Program (EAP) — You and your household members can get confidential support, 24/7. Connect to helpful tools, resources, and information, as well as to financial and legal advisors. Go to anthemeap.com/Rivian or call **877-657-6060**.

Talkspace — Your EAP offers faster access to counseling when you need it. To sign up, visit talkspace.com/associatecare. Enter "EAP Rivian" in the *Organization name* field. Complete the QuickMatch therapist finder questions. You'll be provided with your therapist match, and you can schedule a virtual session.

Hinge Health — Access a complete digital pain relief clinic with dedicated programs designed to meet your unique needs. Hinge Health can include physical therapy videos and visits with specialists and health coaches as well as provide an Expert Medical Opinion for Surgery.

Inclusive Care — Unique healthcare support for the LGBTQ+ community.

Total Health, Total You — Resources to help improve your health and well-being, including access to teams of health professionals — nurses, social workers, dietitians, respiratory therapists, exercise physiologists, and health coaches.



Support and resources

Anthem Health Guides — Your single point of contact for help with how to best use your Anthem health plan. They can answer questions about claims or benefits as well as connect you to a team of health professionals when needed. Call **833-824-2275**, Monday through Friday, 6 a.m. to 8 p.m. MT, or chat with them through the **Sydney Health** app.

Sydney Health app — An app that gives you fast and convenient access to all your health plan details, all in one place. You can see what your plan covers, keep track of your deductibles and claims, find doctors, and compare costs for care. Also, connect with Anthem Health Guides through Live Chat with plan questions.

Radiology Shopper Program — A service that helps you find the right facility for an MRI or CT scan — and might even lower your out-of-pocket costs. When your care provider contacts Anthem to authorize the procedure, an Anthem representative may reach out to you to discuss your options. They'll confirm you have selected a facility in your plan's network that's right for your needs and help schedule your appointment, if needed.



Scan this QR code with your phone's camera to download the **Sydney Health** app today.



* Appointments subject to availability.

Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please text, chat, or call 988 (Suicide and Crisis Lifeline), or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. 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.

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

Virtual text and video visits powered by K Health.

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

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