Challenge yourself, inspire others

Our Sydney Health app is a place to achieve wellness goals together



You deserve to feel supported on your whole-health journey. That's why we created our **Sydney℠ Health** app, an all-in-one hub for access to your benefit information and your wellness goals. Gain inspiration and keep momentum through the **Sydney Preferred Challenges**, available on the app. See who can log the most steps in three weeks and earn rewards for the top teams and top steppers. Whether you're competing with co-workers or accomplishing goals as a team, Sydney Health is the perfect place to come together and feel good.

Get ready for the

1. Download or sign in to our Sydney Health app, then register.
2. Choose the **Menu** tab located at the bottom of your screen, choose **Access Care**, then **My Health Dashboard**, and then select **My Rewards** to view the challenges available to you.
3. Join a team to take a walk through NYC to London!

Show your team spirit

Challenge yourself, your co-workers, and your covered spouse

Track your progress with leaderboards.

Challenge details

1. **11/23/2026** – **12/7/2026** — It's time to join a team!
2. **11/30/2026** — Challenge start date.
3. **12/18/2026** — Challenge end date.

Additional information

Teams will encounter larger-than-life landmarks as they race across the 'Big Pond' from NYC to London.

Exercise helps to boost your mood and health. Join a team, earn rewards, and feel good.

Connect your challenges with your wearable device if you have one. The app works with Fitbit®, Garmin®, iHealth®, Misfit, and Apple® HealthKit®.

Rise to a healthy challenge together

Fuel your wellness goals and find support along the way. Log in to your Sydney Health app today to start your next challenge.

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

Anthem

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