

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 **SydneySM 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 four 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 Antarctic Cool Down Step Challenge

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** to view the challenges available to you.
3. Join a team to take a walk through the continent of Antarctica.

Show your team spirit



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



Track your progress with leaderboards.

Challenge details

1. **02/02/2026** – **02/16/2026** — It's time to join a team!
2. **02/09/2026** — Challenge start date.
3. **03/09/2026** — Challenge end date.

Additional information

Team Goal: 2,688,000 Steps

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.



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2020-2024.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Indiana: Anthem Insurance Companies, Inc. In Georgia: Blue Cross Blue Shield Healthcare Plan of Georgia, Inc. and Community Care Health Plan of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc., dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In 17 southeastern counties of New York: Anthem HealthChoice Assurance, Inc., and Anthem HealthChoice HMO, Inc. In these same counties Anthem Blue Cross and Blue Shield HP is the trade name of Anthem HP, LLC. In Ohio: Community Insurance Company. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield, and its affiliate HealthKeepers, Inc. trades as Anthem HealthKeepers providing HMO coverage, and their service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI) underwrites or administers PPO and indemnity policies and underwrites the out-of-network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Corporation (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association, Anthem is a registered trademark of Anthem Insurance Companies, Inc.

1086271MUMENABS Rev. 10/25