



Wellbeing programs through your Anthem medical plan

As an employee enrolled in a Maximus Anthem medical plan, you and your covered dependents can access wellbeing programs at no cost.



Anthem's Behavioral Health Care Center can help you understand your coverage and navigate the behavioral healthcare system. Call 24 hours a day, seven days a week at 844.792.5141.



Anthem's Building Healthy Families program supports growing families with tools and information to help navigate your family's unique journey. Earn a \$250 gift card if you enroll in the first trimester of pregnancy and complete the program or a \$125 gift card if you register in the second trimester and complete the program. Access at engage-wellbeing.com or the Engage mobile app and find the Building Healthy Families section. Or call an Anthem Health Guide at 833.371.1223.



Consumer Medical Virtual Second Opinion program can help you understand your diagnosis, discuss treatment options, or find a doctor. Contact the program at 888.361.3944, Monday - Friday, 8 a.m. - 8 p.m. ET.



Omada Health is a targeted digital lifestyle change program to help at-risk individuals prevent weight-related chronic disease. Support includes an interactive program, wireless Bluetooth scale, and health coaches. When you complete the Omada application, enrollment eligibility is determined by self-reported health factors. Visit OmadaHealth.com/Maximus or call 888.409.8687. If you have been diagnosed with diabetes or hypertension, call Express Scripts at 800.224.5513 for additional support programs or visit OmadaHealth.com/Maximus and check the box for the question, "Are you living with Hypertension, Type 1 or Type 2 diabetes?"



Sword Digital Physical Therapy, through LiveHealth Online, offers two programs in the comfort of your own home: Healthy Back and Joints and Bloom pelvic floor health for women and individuals with vaginal anatomy. Access at engage-wellbeing.com or the Engage mobile app and find the Digital Physical Therapy section. Or access the program at livehealthonline.com/healthyhabits/maximus/.

Access all programs through Engage by visiting engage-wellbeing.com or downloading the mobile app. Learn more by visiting our wellness site at mywellness-maximus.com.

As a Maximus Anthem medical plan participant, you can access your ID cards, find providers, and view the status of your claims in Engage.

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Anthem's Wellbeing Coach Total program includes access to a coach by telephone, personalized guidance via 24/7 text chat, and a new digital app to support weight management, eating healthier, increasing activity, sleeping better, managing stress, and quitting tobacco. Connect with a wellbeing coach at Engage-Wellbeing.com or the Engage mobile app and find the Wellbeing Coach Total section. Or call 833.985.8464



With **Engage**, you can earn up to \$500 in Wellbeing Rewards, deposited into your health plan account, by completing healthy activities such as preventive care, nurse condition management, chronic conditions with programs like Omada and LiveHealth Online, or tracking activities. Visit engage-wellbeing.com or download the mobile app to learn more.



Learn to Live through Anthem provides digital tools to help you develop resilience, reduce stress, or practice mindfulness. Access at engage-wellbeing.com or the Engage mobile app and find the Learn to Live section.



Whether you have a cold, you're feeling anxious, or need help managing your medication, you can have a video visit with a board-certified doctor, psychiatrist or licensed therapist from your smartphone, tablet, or computer.



Access at engage-wellbeing.com or the Engage mobile app and find LiveHealth Online Telemedicine. You must use a mobile device to book appointments. Or, call 888.548.3432, 24/7 or visit livehealthonline.com/maximus/ or download the mobile app.



LiveHealth Online Healthy Blood Pressure Program provides support for managing high blood pressure. Engage with a coach and receive a free blood pressure monitor. Access the program at engage-wellbeing.com or the Engage mobile app under LiveHealth Online, or visit livehealthonline.com/healthyhabits/maximus/.



Quest Diagnostics offers a free annual biometric health screening. Results can provide powerful insights into your health and risks you may not recognize. Access at engage-wellbeing.com or the Engage mobile app and find the Quest section.



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