Anthem HealthKeepers has virtual care opportunities available through their Sydney Health app that can reduce your healthcare costs.

**SYDNEY HEALTH APP**

Once you download the Sydney Health app on your smartphone, you can receive:

- comprehensive primary care, coordinated by a care team.
- preventative care through wellness visits and lab screenings.
- urgent or sick care, 24/7.
- a personalized care plan and follow-ups.
- unlimited access to care for common health concerns, as well as prescription refills and referrals.

**GET THE APP**

Download the Sydney Health app in the Apple App Store or get it on Google Play.

**24/7 NURSELINE**

Need care but don’t want to download the app? Call 1-800-337-4770 to speak to a nurse any time.

**FOR MORE INFORMATION:**

email Tammy Waters at twaters@nkcps.k12.va.us