

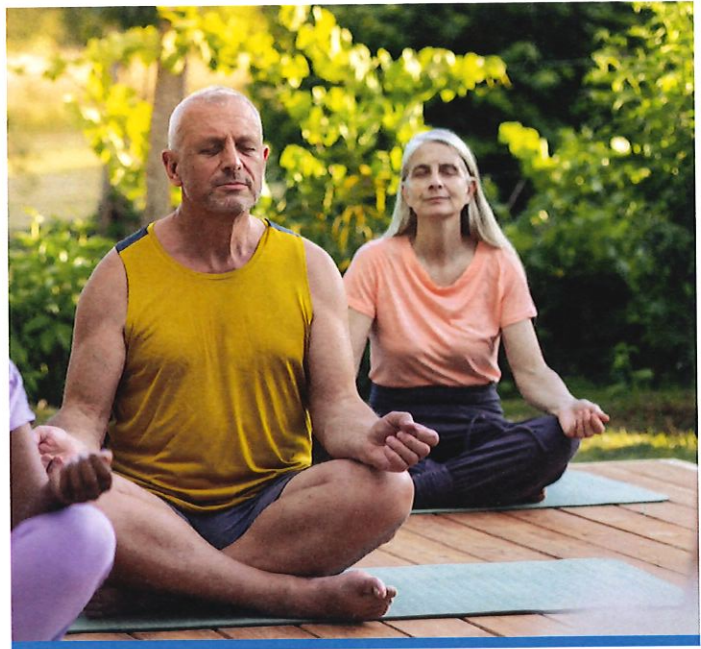
Perks and programs

SilverSneakers®

SilverSneakers is a fitness and lifestyle benefit that offers the opportunity to connect with your community, make friends, and stay active. Your membership gives you:¹

- Access to thousands of participating locations with use of basic amenities,² plus group exercise classes³ for all levels at select locations.
- The SilverSneakers GO™ app so you can find locations near you, participate in live classes from your phone, and tailor workouts to your fitness level.
- Access to SilverSneakers LIVE virtual classes and the On-Demand library with hundreds of online videos so you can work out at home.

To find a location near you or join virtual classes, visit www.silversneakers.com/starthere or call **1-855-741-4985**, TTY: **711**, Monday to Friday, 8 a.m. to 8 p.m. ET.



1 Always talk with your doctor before starting an exercise program.

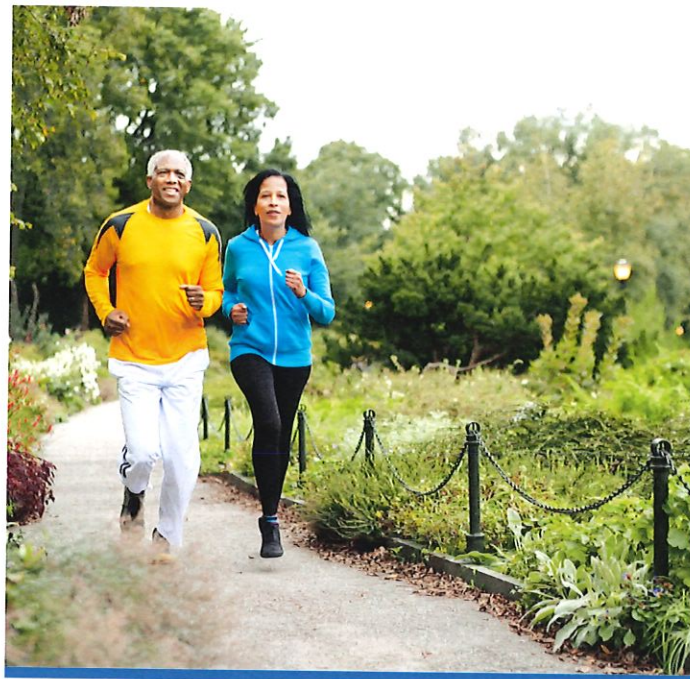
2 Participating locations ("PL") are not owned or operated by Tivity Health, Inc. or its affiliates. Use of PL facilities and amenities is limited to terms and conditions of PL basic membership. Facilities and amenities vary by PL.

3 Membership includes SilverSneakers instructor-led group fitness classes. Some locations offer members additional classes. Classes vary by location.

The SilverSneakers fitness program is provided by Tivity Health, an independent company. SilverSneakers and the SilverSneakers shoe logotype are registered trademarks of Tivity Health, Inc. SilverSneakers On-Demand and SilverSneakers GO are trademarks of Tivity Health, Inc. © 2019 Tivity Health, Inc. All rights reserved.

Health and savings with SpecialOffers

Our members receive discounts on these products and services:



Fitness and healthy living

The ChooseHealthy® program*

- Discounts on services such as acupuncture, chiropractic care, and therapeutic massage, from a nationwide network of healthcare providers.
- Discounts on fitness and wellness products such as activity trackers and equipment, with access to online health and wellness classes at no additional cost.

Fitbit®

Save up to 22% on select Fitbit trackers and smartwatches.

Garmin®

20% off select Garmin wellness devices.

GlobalFit™

Discounts on gym memberships, fitness equipment, and coaching.

Puritan's Pride®

10% off vitamins, supplements, and minerals.

SelfHelpWorks

Choose one of the online living programs and save 15% on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep, or address an alcohol problem.

* The ChooseHealthy program is provided by ChooseHealthy, Inc. ChooseHealthy, Inc. is a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is a trademark of ASH and used with permission herein. The ChooseHealthy program is a discount program; it is not insurance. You can access services from any ChooseHealthy participating provider; referral from a primary care physician is not required. You are responsible for paying the discounted fee directly to the contacted provider.

Health and savings with SpecialOffers

Family and home offerings

Allergy Control and National Allergy

- Save up to 25% on select products
- Free shipping on all orders over \$59 when shipping ground within the United States

23andMe

- \$40 off each Health + Ancestry Service kit
- 20% off one 23andMe kit — learn about your wellness, ancestry and more

Vision

1-800 CONTACTS® or Glasses.com™

- \$20 off orders of \$100 or more for the latest contact lenses or brand name frames
- Free shipping

Premier LASIK

- Save \$800 on LASIK when you choose any featured Premier LASIK Network provider
- Save 15% with all other vision providers in your plan's network



TruVision

- Save up to 40% on LASIK eye surgery at more than 1,000+ locations
- 6.5 million procedures performed in the network

SpecialOffers is a discount program that is not part of your health plan coverage. It is a value-added online service we provide to give our Medicare Advantage members access to discounts offered by different vendors. Vendors and offers are subject to change without prior notice. Anthem does not endorse and is not responsible for the products, services, or information provided by SpecialOffers vendors. Arrangements and discounts were negotiated between vendors and Anthem for the benefit of our members. The products and services described are not part of our contract with Medicare. They are not subject to the Medicare appeals process. Any disputes about these products or services may be subject to the Anthem grievance process.

IMPORTANT: SpecialOffers vendors and discounts are subject to change without notice.

SydneySM Health app

The SydneySM Health app offers online tools to help you stay healthy and manage your health plan.*

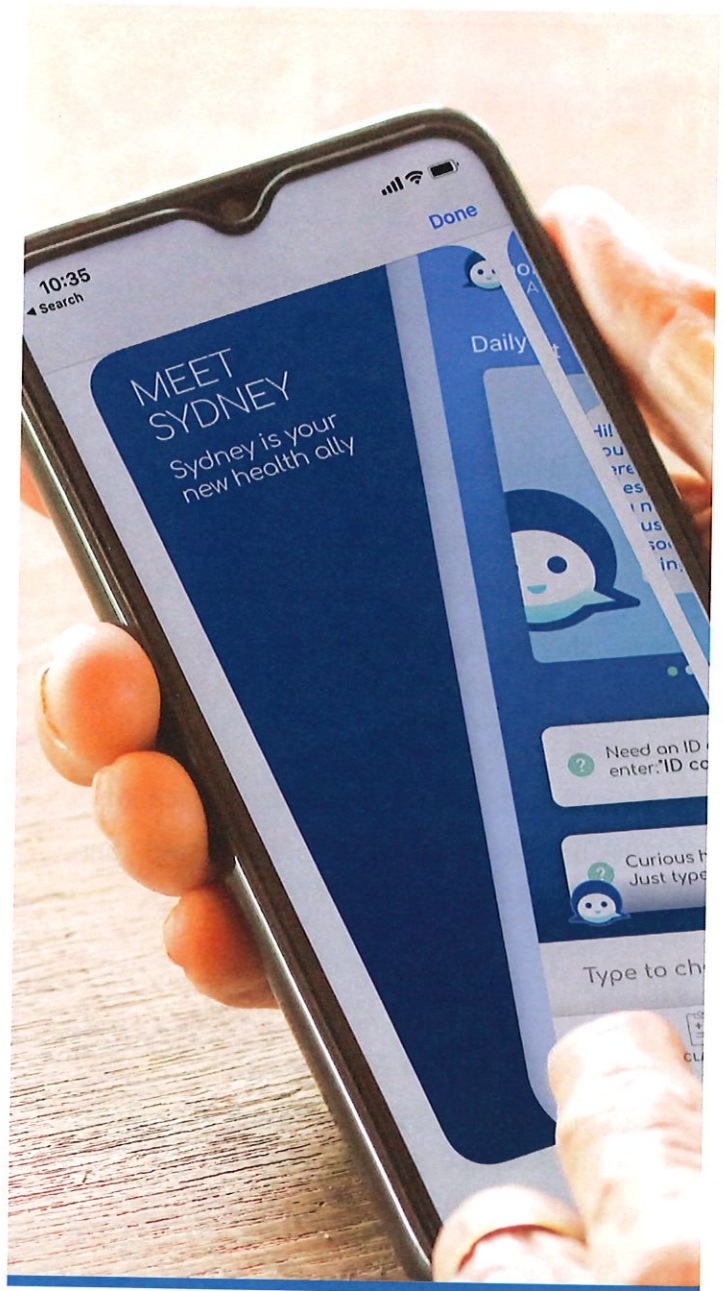
After we send you your plan membership card, use the information on the card to set up your account. It only takes a few minutes to register.

When you're done, you can use the app to:

- See a live doctor with virtual visits.
- Access plan and health resources.
- Check the status of claims.
- Request a replacement membership card or print a temporary one.
- Use home delivery for prescription drugs.

You can also:

- Use your device's GPS to find nearby doctors, hospitals, and urgent care centers in your plan's network.
- Use the chat feature to quickly find answers to your health questions.
- Set health reminders and wellness goals.
- Store and share health records with My Family Health Record (myFHR), which gives you the ability to share your health information with doctors, family members, and caregivers.



Download the Sydney Health app today from the App Store[®], Google Play[™], or www.anthembluecross.com.

* Online tools are offered to Anthem plan members as extra services. They are not part of the contract and can change or stop.