

Programs & Apps with



County Employee Benefit Consortium of Ohio

CEBCO

Health & Wellness

Sydney Health

With the Sydney Health mobile app, you can access your medical and pharmacy benefit details and make it easy to find what you need with one-tap! Members can access their benefits & claims information, find care, have virtual visits and access other resources. Sydney Health helps you manage your benefits and is a single sign-on hub to access:

SmartShopper, LiveHealth Online, Lark, and EAP.

Register at [Anthem.com/register](https://www.anthem.com/register) or download the app from Google Play or the App Store



LiveHealth Online- Medical and Psychiatric/Psychology

LiveHealth Online lets you visit a doctor, psychiatrist or therapist through video chat on your computer or smartphone. When you need to see a doctor late at night or can't make it to your doctor's office, LiveHealth Online is an easy way to receive care without leaving home and with a **\$0 copay!**

Go to livehealthonline.com or download the app



Lark Diabetes Prevention Program

The Lark Program is an all digital app that can help you lose weight and lower your risk of developing Type 2 Diabetes. The program is customized based on your lifestyle and you will receive 24/7 coaching to provide you with tools for healthier habits to reduce your risk. Lark is offered to qualifying CEBCO members at no charge! After enrolling members will receive a **free smart scale** and a **free Fitbit2** that links with the Lark app to aid in their success.

To see if you qualify, scan the QR code or go to enroll.lark.com/ anthem to take the quiz



SmartShopper

Earn a reward check every time you and your family choose an eligible lower-cost, high-value doctor or facility for a variety of health services. Simply call a SmartShopper representative or register on the website to search for competitive costs and high quality care for your next procedure or service and get paid doing it!

Call 1-866-488-5441 or visit SmartShopper.com to login to start saving!

ComPsych Employee Assistance Program

Personal issues, planning for life events or simply managing daily life can affect your work, health and family. ComPsych provides support, resources and information for personal and work-life issues. ComPsych offers 5 free in-person counseling sessions per incident, free legal consultations, financial advisement and much more. ComPsych is confidential and provided at no charge to you and anyone living in your household.

Call: 1-877-327-4452

TTY: 1-800-697-0353

Online: guidanceresources.com Use Web ID: EAPCEB to login

90 Day Maintenance Rx

Refill your prescriptions of maintenance drugs for conditions like asthma, heartburn or diabetes through Rx Maintenance 90 and have the convenience of fewer trips to the pharmacy and saving one copay per fill! When using this benefit, you must fill prescriptions for maintenance drugs at an Rx Maintenance 90 pharmacy or through home delivery. Members impacted will be notified by Anthem by mail and will have (2) 30-day courtesy fills before switching to the 90-day fill. Most in-network retail pharmacies in the Clinton County area accept 90-day retail prescriptions.