





Carrier Programs & Services

Registering/Setting up an Account

The key to accessing all the additional services available to you through the robust coverage offered through CMSD starts by:

- Creating an account through the Carrier or downloading their mobile app

	Anthem	Contigo	Medical Mutual	MetLife – Dental & Life	UHC - Vision	CVS Caremark - Rx
Website Portal	www.anthem.com Then click “Login” to create account	Contigo Health – Health Plan Portal Login For Members Then click “Let’s Go” to create account	www.medmutual.com/Member Then click on Register for an Account	https://Mybenefits.metlife.com Enter Employer full name; then click register to create account	www.myuhcvision.com Then click on Register Now to create account	https://www.caremark.com/digital-fast/caremark-registration-web/#/registration Then click on Register to create account
Mobile App	Download the Sydney Health App 		Download the MedMutual App 	Download the MetLife US App 		Download the CVS Caremark App 

The carriers have created simple online, step by step instructions to setting up your account.

Mobile Apps

Hi! I'm Sydney.

I'm here to make your health care experience easier.

Sydney Health makes it easy to find doctors near you, get important information about benefits and claims, track your progress toward health goals and more. You can even get your member ID card right from Sydney.

Download the Sydney Health app today in the Google Play or Apple App Store!

Sydney Health is accessible for members who use the Engage Wellbeing app, but features are limited.



Get a link to download the app for iOS or Android

Standard messaging rates apply. By providing your mobile number, you agree to receive text messages from Anthem. [View terms.](#) [Read more](#) about our text programs.



Download the MedMutual Mobile App

MedMutual mobile app. It makes it easy and convenient to manage your health insurance, whether you're at home, at your doctor's office or on the go.

Track Your Claims and Spending Information

Review your claims, including details about the total amount billed, what Medical Mutual paid and what you are responsible for paying. You can also view other spending information, like your deductible, out-of-pocket costs and explanation of benefits (EOB) statements.

Find a Provider

You can enter your location to find the nearest doctor, hospital or urgent care facility covered by your plan and get step-by-step directions. You can also view quality and patient ratings for providers.

Access Your ID Card

You always have your ID card with you with our mobile app. View the front and back of your card and call any of the phone numbers listed with just a tap. You can also email or fax your card to your provider.

Securely Log In Without Your Password

You can even use your device's Facial Recognition or Touch ID feature for a simple, secure and convenient login. This means you don't have to type in your username and password if these features are enabled.

To download or update the app, visit your device's App Store (Apple) or Google Play (Android). Make sure your app is set to automatically update, so you don't miss out on future upgrades and new features.






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© 2022 Google Inc. All rights reserved. Google Play is a trademark of Google Inc.

Programs and Services Offered



MSK	<p>Sword is a digital physical therapy program designed to help you overcome your joint, back, or muscle pain—all from home</p> <p><u>Enroll below to get started:</u> join.swordhealth.com/medmutual/register</p>	<p>Integrated with Live Health Online, Sword, Healthy Back and Joints Program, to be rolled out 1/1/24</p>	
Pelvic Care	<p>Bloom, is a program created by Sword Health, that provides digital pelvic health care at no additional cost. It's designed to address pelvic floor dysfunctions such as: urinary leaking, pain, discomfort, pressure and bowel disorders all from the comfort of your own home.</p> <p><u>Enroll below to get started:</u> join.hibloom.com/MedMutual</p>		
Wellness	<p>Lark brings you help, tips, guidance and motivation 24/7. Lark's digital coaching is available on your smartphone and will help you make simple changes that will improve your overall health.</p> <p><u>Online visit:</u> https://enroll.lark.com/medmutual/</p> <p>Weight Watchers Program: If you want to make a change in your life and work toward better health, Medical Mutual wants to help. We teamed up with WW® so you can get on the right path. As a Medical Mutual member, you can start or renew your WW membership today and save almost 50% off the regular cost.</p> <p><u>Call: 800-251-2583</u></p>	<p>Online Wellness Toolkit: create a personalized goal plan based on your lifestyle, interests and schedule. Try our trackers to stay on top of your blood pressure, diet, exercise.</p> <p><u>Register and login at:</u> www.Anthem.com</p>	

Programs and Services Offered

			
Cancer		<p>The Stronger Together website is a great starting place resource for people and loved ones facing cancer. You can find all the site links, tools, apps and more to help you — from diagnosis to survivorship and everything in between. https://cancerresources.anthem.com/</p> <p>Cancer Care Navigators are available and act as a single point of contact for members and their care teams and can provide answers to questions on their care and benefits.</p>	
Diabetes	<p>Lark is program brings you help, tips, and motivation 24/7. Lark's digital diabetes coaching is available on your smartphone and will help you make simple changes that will make managing your health and diabetes easier than ever.</p> <p>Online visit: https://enroll.lark.com/medmutual/</p>	<p>Lark teamed up with Anthem to give you 24/7 coaching to lose weight, manage stress, eat healthier, sleep better and increase activity. Lark offers both a prevention program and an outreach program.</p> <p>Take the 1-minute questionnaire at Lark.com/Anthem</p>	
Hypertension	<p>Members can enroll in Lark to help manage health and control blood pressure levels. Access to Lark's digital coach is available through your smartphone. Enrolled members will receive a free blood pressure cuff and smart scale that connects directly to the app.</p> <p>Online visit: https://enroll.lark.com/medmutual/</p>		
Discount Programs	<p>Discounts include but are not limited to: Vitamix, Fitness Programs, Beltone and more!</p> <p><u>Log in to My Health Plan at MedMutual.com/Member. Click on the Health Living Tab and select Discounts!</u></p>	<p>Discounts include but are not limited to: Brevena, Fitbit, Active&Fit Direct, and more!</p> <p><u>Log in to Anthem.com, choose Care and select Discounts</u></p>	

Programs and Services Offered



Additional Resources

24/7 NurseLine: Call toll-free to speak with a medically trained, compassionate nurse anytime, day or night, whenever you have a health concern. A nurse will evaluate your symptoms, provide an assessment and help you take the most appropriate action. Help determine if you need to visit your doctor, an urgent care clinic or the emergency room.

Call 888-912-0636

Chronic Condition Management

Programs: If you are managing one of the conditions listed below, our Chronic Condition Management program may be right for you:

- Asthma
- Heart Failure (HF)
- Coronary Artery Disease (CAD)
- Chronic Obstructive Pulmonary Disease (COPD)

Live Health Online (LHO) connects board-certified doctors or licensed therapists through live video on a smart phone, tablet, or computer with camera. Professionals include therapists, psychologists, nutritionists, health coaches, doctors, psychiatrists, lactation consultants, and more!

Anthem Health Guide connects with the right tools, resources and programs to manage your health needs.

Stay on top of gaps in your care, like overdue health exams, tests and preventive screenings, so you don't forget. Compare costs on different health care services, connect with in-network doctors and more.

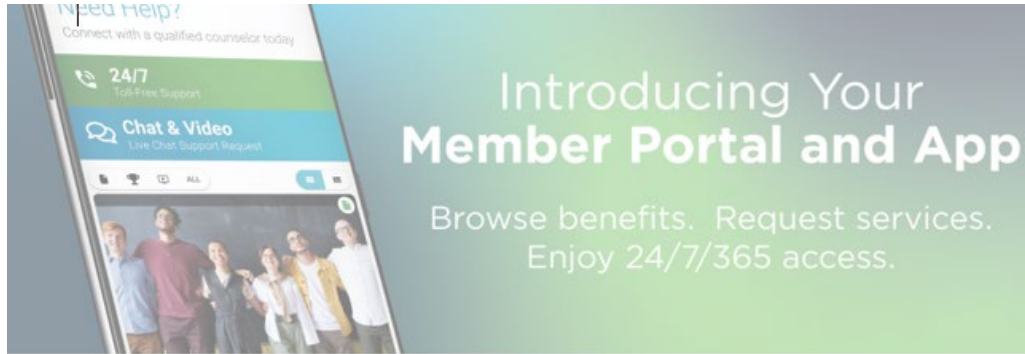
24/7 NurseLine: Have a question about a health issue? Do you need to see your doctor or go to urgent care? Should you head straight to the emergency room? Our registered nurses can answer questions by phone and help you decide where to go for care if your doctor isn't available. The nurses can also help you find nearby providers and specialists in your area.

Call 800-700-9184

Building Healthy Families: Offers help with every stage of family planning, from pre-conception to pregnancy, postpartum care and parenting support. Using Sydney Health's robust capabilities and artificial intelligence insights, our new program delivers state-of-the-art tracking, customized care recommendations, and round-the-clock support. By leveraging the latest in digital innovations, we aim to meet the needs of modern growing families — and empower you in supporting the diverse needs of your employees.

EASE@WORK

Your Employee Assistance Program



Contact Ease@Work

Call: 800-521-3273

Visit: easeatwork.com and select Member Portal & App

Code: cmsdist

<https://myassistanceprogram.com/easeatwork/>

Ease@Work offers a wide range of benefits to help improve mental health, reduce stress and make life easier. Find even more resources and ways to connect on our member portal and app.

Video, Chat and Telephonic Access

24/7/365 access to request mental health sessions coaching and resources to help with work/life balance

Thousands of Self-Care Articles and Resources

Explore videos, provider resource locators, personal assessments, calculators and tools

Events Calendar and Free Webinars

Sign up for the latest webinars and online training sessions

Exclusive Discounts

Save money on entertainment, gifts, travel and consumer goods

Getting Started Is Easy

1. Visit easeatwork.com and click on "Member Portal & App" in the top menu
2. Register to create a new account using your company code: cmsdist
3. A confirmation email will be sent to complete the process

