

UNICARE STATE INDEMNITY PLAN

WHOLE HEALTH, WHOLE YOU SUPPORTS YOUR OVERALL HEALTH

For Total Choice, PLUS, and Community Choice members

Access these services through the Sydney Health mobile app

Whole Health, Whole You gives you the tools to help you engage with your health, work on lifestyle changes, and connect with specialized health professionals, no matter where you are. To access your **Whole Health, Whole You** benefits, use the Sydney Health mobile app:

- ▶ View your health plan details
- ▶ Access your digital ID card
- ▶ Find local doctors
- ▶ Participate in wellness activities

You can also call or chat with a Health Guide, who can answer your healthcare questions and make sure you are making the most of your benefits.

If you need extra support, a Health Guide can connect you to a team of health professionals, such as nurses, social workers, dietitians, respiratory therapists, pharmacists, exercise physiologists, and health coaches.

Access to your care can be as simple as picking up your smartphone



Have peace of mind

Clearly see what your plan covers, how much services cost, and where you have spent your healthcare dollars.



Find doctors who are right for you

Search for high-quality doctors and specialists near you.



Take care of your health

Access a Health Guide or find well-being programs that can help you track your fitness and nutrition, all in one place.



Commonwealth of Massachusetts
Group Insurance Commission

Claims are administered by UniCare Life & Health Insurance Company.

© 2023 UniCare

1032188MAMENUNC 05/23