



Wellpoint

# Whole Health, Whole You supports your overall health

For Total Choice, PLUS, and Community Choice members

Whole Health, Whole You gives you the tools to engage with your health, work on lifestyle changes, and connect with specialized health professionals from anywhere. Access your Whole Health, Whole You benefits through the **Sydney<sup>SM</sup> Health** mobile app.



## Understand your plan

See what your plan covers, how much services cost, and where you've spent your healthcare dollars.

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.



## Find doctors who are right for you

Search for high-quality doctors and specialists nearby.

For more information about Whole Health, Whole You, call Member Services at the number on your health plan ID card.



## Take care of your health

Call or chat with a health guide, who can answer your healthcare questions and make sure you're getting the most from your benefits. Or find well-being programs that can help you track your fitness and nutrition, all in one place.



Commonwealth of Massachusetts  
Group Insurance Commission

