

SMP Wellness Program



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We offer a wellness program through Anthem to help employees in our medical plans stay healthy and save money. The wellness program gives you the chance to lower your medical premiums by taking just **one, simple step** to care for your health: an annual preventive care exam. Preventive care and routine screenings are the best way for you to stay on top of your health and prevent bigger health problems down the road.

You (and your spouse, if covered under our medical plan) must complete your annual preventive exam by October 15, 2025 to avoid an increase in premiums in 2026. The date of your exam can be between October 16, 2024 and October 15, 2025. **Please note:** our medical plan allows for one annual physical per year; it does not require 12 months between appointments.

If you were hired on or after July 15, 2025, you do not have to complete the program to lower your premiums.

Log into [anthem.com](https://www.anthem.com) or access the Sydney app. Then, go to My Health Dashboard > My Rewards.



sydney



Scan the QR code to download the Sydney Health app.

You can also set up an account at [anthem.com/register](https://www.anthem.com/register) to access most of the same features from your computer.