Unlock the power of smart nutrition

Introducing Nutrition Tracker on the SydneySM Health mobile app

Tracking what you eat is a proven way to help manage weight and make sure you’re eating for your best health

Nutrition Tracker:
• Lets you use your phone camera to scan food and labels, then provides nutritional values and calories.
• Shows you personalized nutrition tips and recipes to help you meet your goals.
• Generates food logs you can choose to share with your healthcare professionals.

Start using Nutrition Tracker today

Find it under My Health Dashboard on your SydneySM Health app. Set up your profile and start tracking. You can set favorites for quick tracking and see your calorie and nutritional intake in real time. If you don’t have Sydney Health, download it from the App Store® or Google Play™.

Explore all of what Sydney Health has to offer

In addition to Nutrition Tracker, the Sydney Health mobile app connects you to the care, programs, and resources you need, when and where you need them. See all you can do:
• Find care and estimate costs.
• See what’s covered and check claims.
• Access your digital member ID card.
• Get answers faster through real-time, live chat with Anthem health representatives.
• Create personalized action plans.
• Sync with fitness trackers and other devices.
• Engage with wellness articles and videos.
• Receive health reminders and suggestions for wellness programs.

Access personalized health and wellness information wherever you are.

Scan the QR code to download the Sydney Health app.

Sydney Health is offered through an arrangement with Cerner® Intelligent Health, a separate company offering mobile applications services on behalf of your health plan.

Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Health Plans of Colorado, Inc. (RMP); products underwritten by RMP Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Delaware: Anthem Blue Cross and Blue Shield of Delaware, Inc. In Georgia: Blue Cross Blue Shield of Georgia, Inc. and Community Care Health Plans of Georgia, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (including 8 counties in the Kansas City area): Hy-Vee/AKC, ManagedCare, Inc. (HCMI), HealthyAlliance® HMO Insurance Company (HCMI), and MO HealthNet, Inc. (MC) and certain of its contracts; the state of Missouri benefits administered by HCMI and MO HealthNet, Inc. (MOHN) and certain of its contracts; Blue Cross Blue Shield of Missouri, Inc. and certain of its contracts; and Affinia Health Plans of Missouri, Inc. and certain of its contracts; and Blue Cross Blue Shield of Georgia, Inc. and Community Care Health Plans of Georgia, Inc. in New York: Blue Cross Blue Shield of New York. In New York (excluding 8 counties in the Kansas City area), Blue Cross Blue Shield of New York, Inc. and certain of its contracts; and Community Care Health Plans of Georgia, Inc. In Tennessee: Blue Cross Blue Shield of Tennessee, Inc. and certain of its contracts; Anthem Blue Cross and Blue Shield of Virginia, Inc. in Virginia: Blue Cross Blue Shield of Virginia, Inc. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwritten or administered by Blue Cross and Blue Shield of Wisconsin, Inc., or certain of its contracts; and Community Care Health Plans of Georgia, Inc. in New York: Blue Cross Blue Shield of New York, Inc. and certain of its contracts.

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