



# Unlock the power of smart nutrition

Introducing Nutrition Tracker on the Sydney 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 Sydney<sup>SM</sup> 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<sup>®</sup> or Google Play<sup>™</sup>.

## 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.

Learn more about how tracking what you eat can help you unlock your best health.

Scan the QR code using the camera on your mobile phone to watch a quick video.

