

# 2026 Wellness Resources



# We've got you covered all year

As a participant in an Anthem medical plan, you (and your covered spouse) have access to a variety of wellness resources that can support your journey toward better health. This brochure provides an overview of the resources available at no cost to you—and their QR codes for easy scanning—along with a wellness calendar to help you stay on track throughout the year.



GARNER

## Unlock the Full Value of Your Medical Plan

Take advantage of no-cost wellness support.

### Garner Concierge Support & Reimbursement

Garner offers support to help you:

- **Find the best doctors** in your network and get reimbursed for visiting them.
- **Find Top Providers:** Use the Garner Health app or website to locate the best doctors near you. Look for the green badge indicating “Top Providers” in your search results.
- **Add your doctor to your Care Team:** Before your appointment, add your doctor to your Care Team to ensure they’re approved for reimbursement.
- **Get reimbursed:** After your visit, pay any upfront costs as usual. Garner will automatically track your expenses and process your reimbursement within 5-6 weeks, up to \$1,000 for individuals and \$2,000 for families, once your Garner deductible is met (\$1,700 for individual coverage and \$3,400 for family coverage).\*

*\*Note: For HSA plans only. For PPO plan, Garner deductible does not apply.*

**Important:** *The provisions of a Collective Bargaining Agreement (CBA) or other employment contract may mandate benefits for some employees that differ from the benefits described in this communication.*

## Anthem Wellness Resources

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### **Anthem Health Guide**

Connect with a team of concierge-level customer service experts who advocate for your health and explain how to use your benefits.

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### **Total Health Connections**

Get your own personal health champion, called a family advocate, to help you and your family through unexpected emergencies and everyday health needs.

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### **Sydney Health<sup>SM</sup> mobile app**

Access your health plan information on the go—all in one place. Register on [anthem.com](https://www.anthem.com) and download the app to get started.

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### **Behavioral Health Resources**

Benefit from one-on-one coaching, self-help digital tools, a virtual care option, and more to support your mental and emotional wellbeing.

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### **Building Healthy Families Program**

Access personalized support and resources if you're trying to conceive, expecting a child or raising young children.

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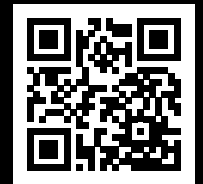
### **24/7 Nurseline**

Talk with a registered nurse any time, 365 days a year.

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## **REMINDER**

You should have received a new medical plan ID card from Anthem in the mail, which includes your pharmacy information. You can access digital cards via [anthem.com](https://www.anthem.com) or the Sydney Health mobile app.



ANTHEM  
RESOURCES



SYDNEY HEALTH<sup>SM</sup>  
MOBILE APP

[anthem.com](https://www.anthem.com)  
833-371-0212

# Introducing Well

Well is an innovative engagement platform designed to support your personal health journey. By asking you questions and understanding your goals, Well provides tailored recommendations for your next steps toward better health. As you progress, you'll earn points that can be redeemed for gift cards, making every step rewarding.

With Well, you'll receive:

- **Personalize health tips:** Get recommendations that align with your unique health needs and goals.
- **On-Demand Support:** Access a team of Well Guides who can assist with finding a doctor, setting health goals, and more.

If eligible, both you and your covered spouse can earn gift cards for participating in healthy activities that are tailored to your interests and health needs. If you're enrolled in a Gold HSA or Silver HSA plan, you can also earn Health Savings Account (HSA) contributions by completing the following activities:

- **Health Risk Assessment**
- **Preventive Care Wellness Visit**
- **25 healthy actions with Well** (Actions are personalized and dynamic to each member's interests and needs. Find qualifying actions on the Well platform under "New for You," "Start a Routine," or "MyHealth".)

How much you earn depends on the medical plan you choose, your coverage tier, and your participation in healthy activities.

*Well is a private and secure benefit available at no cost to Amentum employees enrolled in an Anthem (or BCBS AL, ATI Space Exploration Division) medical plan. Employees and covered spouses who are enrolled in an Anthem PPO 250, 70/50 or 80/60 plan are not eligible for financial rewards or the sign-up bonus. Sign-up bonus will be awarded as points in the app (2,500 points for \$25). Points can be redeemed for gift cards. Gift cards are considered taxable income and employees will see the amount of gift cards reported on their W2. Please allow 72 hours after account creation for points to be credited to Well Member accounts. Official rules: [well.co/amentumoffers](https://well.co/amentumoffers). Reward amounts and payout methods vary by medical plan enrollment. You must register with Well to earn wellness incentives. Visit Well to view deadlines for completing activities to earn rewards. Please allow up to one month for rewards to appear from Anthem and Ovia. Those enrolled in the Anthem HSA Gold or HSA Silver HDHP must ensure they have opened a Health Savings Account in order to receive the incentive. Please log into your account at [OneAmentumBenefits.com](https://OneAmentumBenefits.com) to review your enrollments and contact Businessolver at 844-705-4099 with questions.*

## \$25 Sign-Up Bonus

You'll receive 2,500 points (worth \$25 in rewards!) within two days of signing up.

### Get Started with Well:

- 1 Download the "Well Digital" mobile app from the App Store or Google Play Store, or visit [app.well.co](https://app.well.co) on the web.
- 2 To activate your Well account, use the email you selected as "Preferred" (this could be a personal or work email address) upon registering [OneAmentumBenefits.com](https://OneAmentumBenefits.com). Need help? Contact Well at [help@well.co](mailto:help@well.co).
- 3 Medically covered spouses are also eligible for Well. Employees may invite their covered spouse to join Well by navigating to "Invite dependents".
- 4 Start taking small steps toward better health!

*If you are an eligible spouse, activate your account with the email address where you received your invitation, mobile phone number, and date of birth.*



WELL

[app.well.co](https://app.well.co)

# Feeling Alone or Overwhelmed?

Our Employee Assistance Program (EAP), administered by **Lyra Health (Lyra)**, is a confidential resource designed to support you and your family's wellbeing. Available to all Amentum employees and their household members, the EAP offers 24/7, year-round support—at no cost to you. Whether you're dealing with stress, anxiety, depression, relationship challenges, or any of life's challenges, personalized care is just a call or click away.

The EAP offers:

- **Free, confidential sessions:** Receive up to eight therapy or mental health coaching sessions per person, per year.
- **Fast access to high-quality providers:** In just a few minutes, get access to high-quality mental health providers who are custom matched to you and have open appointments. The Care Navigator Team is available 24/7 to answer questions and assist with finding the right providers.
- **Self-care resources:** Explore a library of videos, meditations, soundscapes, and breathing exercises to support your mental health.
- **Work-life support:** Support services include legal consultations, identity theft support, financial consultations, and child, elder, and pet care consultations, resources, and referrals.



LYRA HEALTH

[amentum.lyrahealth.com](https://amentum.lyrahealth.com)  
844-761-1961

# Facing a Serious Medical Condition?

If you're a participant in an Anthem medical plan, you have access to Teladoc's Health Network, which includes leading experts in more than 450 specialties, including cancer, heart conditions, musculoskeletal disorders, and more.

**Teladoc Medical Experts** provide world-class medical opinions from renowned doctors to help you navigate serious health conditions—at no cost to you.

All consultations are conducted over the phone, allowing you to receive expert guidance from the comfort of your home. Whether you're uncertain about a diagnosis or have questions about your treatment plan, Teladoc Medical Experts offer additional resources, education, and support for you and your treating physician—and it's all 100% confidential.

## How it Works:

The process is simple and starts with a confidential phone call. With your authorization, Teladoc Medical Experts will:



Conduct a comprehensive review of your medical records and test results



Provide a detailed analysis of your condition



Develop a personalized report that you can share with your current treating physician

Teladoc Medical Experts are here to ensure you have the answers, clarity, and confidence you need to make informed decisions about your health



TELADOC

[teladoc.com/  
medical-experts](https://teladoc.com/medical-experts)

855-380-7828

# Managing a Chronic Condition?

Anthem medical plan participants who meet Livongo by Teladoc eligibility can get high-tech tools and personalized support from Livongo by Teladoc to better manage the following conditions:



## LIVONGO BY TELADOC WEIGHT MANAGEMENT PROGRAM

- Receive a free, connected smart scale that syncs with a mobile app.
- You will work with a health coach to create a custom plan that fits with your lifestyle and get advice on nutrition, meal plans, weight loss, and ways to stay motivated and accountable.
- Guided mini-challenges are available to help you lose weight, gain energy, and sleep better.



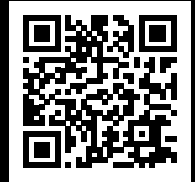
## LIVONGO BY TELADOC FOR DIABETES

- Receive a free, state-of-the-art connected meter that automatically uploads your blood glucose readings to your secure online account.
- Test strips are supplied for free, right to your door; unlimited reorders.
- Once your numbers are uploaded, you get real-time, personalized tips and access to a coach who can help you with nutrition and lifestyle changes.



## LIVONGO BY TELADOC FOR HYPERTENSION

- Receive a free, connected blood pressure monitor that syncs with a mobile app.
- The mobile app allows you to monitor your blood pressure remotely and view tips on healthy living.
- You can also connect with a coach through the app to discuss your current health status and better ways to manage your condition.



LIVONGO BY TELADOC

[be.livongo.com/amentum](https://be.livongo.com/amentum)

800-945-4355

# Want Relief from Joint and Muscle Pain?

**Hinge Health** offers personalized exercise therapy to help you manage and reduce pain—at no cost to you. The program starts with an assessment of your condition and matches you to a dedicated care team to create a customized treatment plan tailored to your needs.

Your care team may include a physical therapist and a health coach, ensuring you receive expert guidance and support throughout your journey. Hinge Health is also available to your dependents who are age 18 or older who are enrolled in your Anthem medical plan.



## CONVENIENT VIRTUAL SESSIONS ANYTIME, ANYWHERE

No commutes. No waiting rooms. Just pain relief. Exercises are designed to be done in about 15 minutes or less, making it easy to fit them into the busiest schedules.



## UNLIMITED 1-ON-1 HEALTH COACHING

Get support whenever you need it. You can connect with your health coach via text, email, phone call, or video—whatever works best for you.



## MOTION-TRACKING TECHNOLOGY FOR INSTANT FORM CORRECTION

Proper form is essential for effective pain relief. Hinge Health's motion-tracking technology ensures you're performing exercises correctly every time, helping you avoid further discomfort.



## TARGETED PROGRAMS FOR SPECIFIC PAIN AREAS

Exercises and stretches are developed by physical therapists and tailored to address pain in specific areas, including:

- Neck and upper back
- Shoulders
- Elbows, forearms, wrists, and hands
- Lower back and hips
- Pelvic region
- Thighs and knees
- Shins and calves
- Ankles and feet



HINGE HEALTH

[hinge.health/amentum](https://hinge.health/amentum)

855-902-2777

# Pregnant or Trying? Already Have Kids? Going Through Menopause?

If you're a participant in an Anthem medical plan, you can access comprehensive support from Ovia Health throughout all stages of parenthood, from preconception through pregnancy (including support for unique paths to parenthood like IVF) to child health, parental wellbeing, and menopause support.

Ovia Health features:

- **Alerts and Coaching:** Receive notifications and personal coaching when Ovia Health detects potential medical concerns.
- **Personalized Programs:** Tailored support to meet your unique needs, including information on treatment options, medication side effects, and understanding lab results.
- **Registered Nurse Health Coaches:** Chat with experienced nurses for guidance and advice.
- **Self-Guided Resources:** Access a wealth of tools and information to support your journey.

## Choose from two apps to fit your needs:



### OVIA

Set your goal and enjoy a customized experience with personalized insights, tips, and content:

- Tracking my cycle
- Trying to conceive
- Tracking my pregnancy
- Postpartum
- Managing peri/menopause



### OVIA PARENTING

Supports children up to age 17. Track your baby's daily activities, including feedings, naps, and diaper changes, so you're always prepared. Record developmental milestones and securely store family photos within the app.

## BETTER OUTCOMES FOR YOU AND YOUR CHILD

Among other findings, research shows participants can expect to reduce the chance of ending up with a preterm delivery or an infant in the neonatal ICU.



OVIA

After downloading the app you wish to use, select "I have Ovia Health as a benefit" and enter "Amentum."

# Mark Your Calendar

Take time each month to recognize important health observances and discover resources to support your wellbeing. Look for webinars, workshops, and vendor demos on the [OneJavlin Benefits](#) page!

<p><b>JANUARY</b></p> <p>Financial Wellness Month</p> <p>Our <a href="#">EAP</a> offers more than mental health support. Be sure to take advantage of the financial services it offers too!</p>	<p><b>FEBRUARY</b></p> <p>American Heart Month</p> <p>High blood pressure increases your risk of heart disease. See if you're eligible for <a href="#">Livongo by Teladoc for Hypertension</a> to help you manage your blood pressure.</p>	<p><b>MARCH</b></p> <p>National Nutrition Month</p> <p>Nutrition and weight management go hand in hand. See if you qualify for the <a href="#">Livongo by Teladoc Weight Management Program</a>, which offers advice on nutrition, meal plans, and more.</p>	<p><b>APRIL</b></p> <p>Stress Awareness Month</p> <p>Stress is a part of life but keeping it in check is key. Use the <a href="#">Well</a> platform to track and manage stress, along with other helpful wellness tools.</p>
<p><b>MAY</b></p> <p>Mental Health Awareness Month</p> <p>Our <a href="#">EAP</a> offers flexible mental health support, from self-care resources to quick access to high-quality providers. Explore the options that work best for you.</p>	<p><b>JUNE</b></p> <p>National Employee Wellness Month</p> <p>Your wellness is about more than your physical health. Use <a href="#">Anthem Total Health Connections</a> to get support for all areas of your wellbeing.</p>	<p><b>JULY</b></p> <p>UV Safety Month</p> <p>Protect your skin. Remember, you can use your <b>Health Savings Account (HSA)</b> or <b>Health Care Flexible Spending Account (FSA)</b> to buy sunscreen.</p>	<p><b>AUGUST</b></p> <p>National Immunization Awareness Month</p> <p>Be sure you and your family are <b>up-to-date</b> on recommended immunizations. Vaccines are covered at no cost when you visit an in-network provider.</p>
<p><b>SEPTEMBER</b></p> <p>Pain Awareness Month</p> <p>Joint and muscle pain can impact your quality of life. Get relief with personalized exercise therapy and 1-on-1 support from <a href="#">Hinge Health</a>.</p>	<p><b>OCTOBER</b></p> <p>Health Literacy Month</p> <p>Take advantage of concierge support from <a href="#">Garner</a> to find Top Providers who follow best practices to improve health outcomes.</p>	<p><b>NOVEMBER</b></p> <p>National Veterans and Military Families Month</p> <p><a href="#">Ovia Health</a> isn't just for expectant moms and dads; support is available for parents too! Explore expert articles, daily tracking, and more.</p>	<p><b>DECEMBER</b></p> <p>Seasonal Affective Disorder (SAD) Awareness Month</p> <p>Whether you're dealing with SAD or the stress of the holiday season, know that the <a href="#">EAP</a> is always here whenever you need it.</p>

# Learn More About Your Amentum Benefits

The resources described in this brochure are just some of the benefits available to you as an Amentum employee.

To explore the other benefits available to you, visit [OneAmentumBenefits.com](https://www.oneamentumbenefits.com).

## Have Questions?

Contact the Amentum Benefits Service Center 8 a.m. to 8 p.m. Eastern Time, Monday through Friday.



ONE AMENTUM  
BENEFITS

**Amentum Benefits  
Service Center**

**844-705-4099**