

# Save time and effort filling your regular prescriptions

Set up home delivery through CarelonRx Mail for the prescriptions you take long-term for conditions like high blood pressure, diabetes, heart disease, or asthma. You'll receive your medications at your door and enjoy the convenience of not having to visit the pharmacy.

## With home delivery, you can count on:



**Convenience.** Medications are delivered directly to your home or any location you choose.

- Manage your prescriptions with the Sydney<sup>SM</sup> Health app or at [anthem.com](https://www.anthem.com).
- Expect first-time home delivery orders to take about two weeks and refills to take 3 to 5 days.
- Set up reminders and automatic refills, too.



**Safety.** All orders are checked by a licensed pharmacist before they ship. Discreet packaging is:

- Tamperproof
- Temperature controlled, if needed
- Weatherproof



**Peace of mind.** You're less likely to miss a dose and more likely to stay on track with the treatment your doctor prescribed when you switch to home delivery.\* Trained pharmacists can also answer your questions and help you 24/7.




**Hassle-free service.** CarelonRx Mail will contact your doctor to order a new, 90-day prescription if you need one. If a medication preapproval is needed, the home delivery team will reach out to you for consent before shipping your medication.



**Savings.** Many medications cost less when you fill a 90-day supply instead of three 30-day supplies. Shipping is always free.

## Start home delivery now with these steps

1. Visit the *Pharmacy* page on [anthem.com](https://www.anthem.com), choose the *Pharmacy* tab on the Sydney Health app, or scan the QR code with your phone's camera. Register your member account if you haven't already.
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2. Choose **Request a New Prescription**.
  3. Type in the prescription you'd like delivered.
  4. Under the name and cost of your prescription, select **Request a New Prescription**.
  5. Fill in any blank fields, such as shipping address, payment method, and prescriber.
  6. First-time requestors will need to select **Continue to Medical Profile**.
  7. Verify any allergies or health conditions, then select **Continue to Submit Order**.

## We're here to help

Call CarelonRx Mail at 833-396-0309 or use the live chat feature on Sydney Health or [anthem.com](https://www.anthem.com).

\*National Library of Medicine, National Center for Biotechnology website: A Retrospective Database Study Comparing Diabetes-Related Medication Adherence and Health Outcomes for Mail-Order Versus Community Pharmacy (accessed September 2022): [ncbi.nlm.nih.gov/pubmed/30816817](https://pubmed.ncbi.nlm.nih.gov/30816817).

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