



Chat or text with us for quick answers

Get support anytime



When you have questions about your health and dental coverage, chat or text with us for answers at your convenience.

Here are some commonly asked questions:

- What is my deductible?
- Can you show me my member ID card?
- What do I owe on this claim?

For in-depth questions, you can also type “live chat” and you will be connected to an agent.

¿Prefieres español? Podemos chatear o escribirnos en español también.



Chat

Ask questions in our chat box

To find basic information about your benefits, you can type key words or questions in the chat box and get instant feedback. If you do not receive the answers you need, you can chat with a live agent.

Chat with us on our SydneySM Health app.
Scan this QR code to download it now.



Text

Text with us

You can text us right from your phone without logging into our app.

Text us now. Scan this QR code to text us or save our contact card to your phone.



Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan.

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