



Something extra for a healthier you

Our health and wellness programs can help you be your healthy best



Programs and services just waiting for you to try!

Not sure where to start? Need a little nudge? Serious about managing a health condition? When you're ready, you've got what you need to help. You can do it and we'll be there every step of the way!

If you don't know how to choose a program you're eligible for, call Member Services at the number on your ID card.

24/7 NurseLine

Have a question about a health issue? Do you need to see your doctor or go to urgent care? Should you head straight to the emergency room? Our registered nurses can answer questions by phone and help you decide where to go for care if your doctor isn't available. The nurses can also help you find nearby providers and specialists in your area. The 24/7 NurseLine also can connect you to our health and wellness programs, so you have access to the health resources available to you. To reach the 24/7 NurseLine, call: 800-337-4770.

Behavioral Health Resource

Behavioral Health Resource expands the core program with an extra level of service here to help you achieve your goals and reach overall health and well-being. It can help you or loved ones deal with:

- Anxiety
- Depression
- Drug or alcohol misuse/abuse
- Eating disorders
- Complex behavioral health conditions
- Mental health issues related to other health conditions or diseases

There's also a call center to reach out to if you have questions — day or night. You can talk with someone experienced and willing to help you find the right treatments and care. To get the help you need, call the Behavioral Health Resource Center, through the Member Services number on your ID card.

Case Management

If you're coming home after surgery or facing serious medical or behavioral (mental) health conditions, you may need extra support. Our nurse care managers and other clinical experts are here to:

- Go over your doctor's instructions about follow-up care and medications.
- Answer questions you may have about your care and treatment options.
- Coordinate benefits for things like home therapy or medical supplies.
- Find community resources to help you.
- Refer you to palliative care to relieve pain.

They'll also help make sure your doctors work together, so you can focus on getting better. There's no extra cost to you and no need to do anything; they'll call you.

Cancer Resources

The **Stronger Together** website is a great starting place resource for people and loved ones facing cancer. You can find all the site links, tools, apps and more to help you — from diagnosis to survivorship and everything in between. Visit cancerresources.anthem.com for digital tools to:

- Make shared treatment decisions.
- Prepare for care or work on a care plan.
- Self-manage symptoms and concerns.
- Get support resources for caregivers.

Plus, our Case Management program offers support for those going through treatment. Call Member Services at the number on your ID card to enroll.

ConditionCare

Do you or someone you know have an ongoing, chronic health condition? We can help you get the most out of life. Our nurse care managers and health educators help you if you have asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart failure or heart disease. With ConditionCare, you get information you need about your condition to feel your best, day after day. Our nurses gather information and work with you and your doctor to create a plan of action, just for you.

To be part of the program, or learn about ConditionCare, call 866-962-1071.

ConditionCare End-Stage Renal Disease

If you have end-stage renal disease (ESRD), extra support can really help with your day-to-day needs. A registered nurse will work with you, your family and doctors to help you:

- Schedule dialysis care and doctor visits.
- Follow your treatment plan and understand your medical equipment.
- Find helpful resources and information.

You don't have to do anything extra to be part of this program. A nurse will call you to see if you want to enroll.

Diabetes Prevention Program

This 16-week program can help you lose weight and help reduce your risk of developing diabetes. There are a variety of support services to choose from, like Weight Watchers (WW®) and HealthSlate. Many come with a health coach, meal planner, scale, weekly lessons and small group support.

To see if you can benefit from the program, please go to www.solera4me.com.

Future Moms with Breastfeeding Support on LiveHealth Online

If you're expecting, the most important thing is to have a safe delivery and a healthy baby. That's why we offer Future Moms, a voluntary program to help you take care of your baby before you deliver. Sign up for Future Moms and you'll get:

- 24/7 access to talk to a nurse coach about your pregnancy, newborn care and much more.
- A maternity care diary packed with tips for a healthy pregnancy.
- A copy of the best-selling book, *Mayo Clinic Guide to a Healthy Pregnancy*.
- Access to dietitians, social workers and lactation consultants, as needed.
- Free video visits with a certified lactation consultant, counselor or registered dietitian at no extra cost to you through LiveHealth Online. Professionals provide personalized support to help you with breastfeeding techniques and consult about milk production, baby hunger cues, foods to avoid and postpartum nutrition.

Answers and support are just a phone call away. Call 800-828-5891.

LiveHealth Online

You and your family can visit with a doctor or therapist by video on your smartphone, tablet or computer using the free LiveHealth Online app or going to livehealthonline.com. It's easy, convenient and lets you get the simple care you need when it fits into your schedule.

- See an online doctor, 24/7, to get care for common problems like sinus infections, seasonal allergy issues, sore throats, coughs, colds and pinkeye. Doctors can assess your condition and, if needed, send prescriptions to the pharmacy you select.¹
- Use LiveHealth Online to talk with a licensed therapist or a board-certified psychiatrist — in the comfort of your home. In most cases, you can make an appointment for a therapist in four days or less ² or a board-certified psychiatrist within two weeks.³ You can get appointments seven days a week and they usually cost the same as an in-person visit.

Just sign up for free today at livehealthonline.com.

¹ Prescription availability is defined by physician judgment and state regulations.

² Appointments subject to availability.

³ Appointments subject to availability. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

MyHealth Advantage

MyHealth Advantage is a free service that helps you save money and stay healthy. You get:

- Tips to save money. We'll tell you when you can save money on health care services.
- Refill reminders and alerts on prescriptions. We'll also let you know when you have prescriptions claims or we see prescriptions for two drugs you shouldn't take at the same time.
- Reminders when you need to call your doctor for a checkup or exam.
- A confidential MyHealth Note if we see something that can help you.

Plus, when you download the Sydney app to your iPhone or Android smartphone, you'll have the option to get your personalized, secure health messages through the Mobile Inbox.

Free resources and tools

Sydney app

Anthem's new app connects you to everything you need to know about your health plan — all in one place. You get one-click access to benefits info, your member ID card and wellness resources. And Sydney's interactive chat feature can answer your questions in real time and suggest resources to help you understand your benefits. The more you use it, the more Sydney can help you stay healthy and save money. Sydney is available for iPhone and Android. Download the app to get started.

With Sydney you can:

- Find a doctor and estimate costs before you go.
- View claims, see what's covered and what you may owe for care.
- View and use digital ID cards.
- Check My Family Health Records (myFHR).
- Use the interactive chat feature and get answers quickly.
- Personalize your health and wellness content, track personal goals and even sync your fitness devices using My Health Dashboard.

Anthem.com

Anthem.com has great health and wellness tools and special discounts on health-related products and services. Go to **anthem.com** and choose **Registration** to get started.

Know Your Cost

Did you know that different hospitals and facilities charge different amounts for the same services? Now you can know your costs before you set foot into a doctor's office or hospital. Getting estimates based on your plan benefits before you go lets you choose a facility that fits your budget and health needs.

Log in to **anthem.com** to search for your cost.

Find a Doctor

Use our online Find a Doctor tool to look for doctors, hospitals, labs and other health care providers in your plan. Check if your favorite doctor is part of your plan, or look for one near you. To search for a doctor, log in to [anthem.com](https://www.anthem.com).

Find Urgent Care

What should you do when you need care right away, but it's not an emergency? If you can't see your doctor right away, you may have other options such as urgent care centers, retail health clinics and walk-in doctor's offices.

Learn more about conditions that can be handled outside of the emergency room by visiting [anthem.com](https://www.anthem.com). You'll be able to take a quiz to test your knowledge about where to get the most appropriate care. You can find nearby doctors, clinics or urgent care centers before you need to go. We also have a mobile app if you use a smartphone.

If you have questions about where to get care, call the 24/7 NurseLine at the number on your ID card.

Health Record

You can have your whole health history in one secure place. It helps keep health records organized, safe and easy to get to for emergencies or everyday health needs. You can enter your information — things like health conditions, shots dates, tests, prescriptions and over-the-counter drugs you take. Then it's easy to print and share with doctors to help avoid potential drug interactions and unnecessary tests or extra procedures. To create and use your Health Record, simply log in at [anthem.com](https://www.anthem.com).

Mobile Health

Get the health information you need in real time, on the go. Whether you want to find urgent care nearby, pull up a virtual ID card or connect with a doctor on your phone, we're with you every step of the way. When you need help, we can be a few steps ahead too! Mobile Health is more than another health tool; it's technology that brings together your health plan information with programs, resources and personalized content, specific to you and your health.

Ready to get started? Download the Mobile Health Consumer app. Go to the App Store® or Google Play™. Search for **Mobile Health Consumer**.

Online Wellness Toolkit

You have the power to change your lifestyle — like getting into an exercise routine or learning to manage your stress, eat better or stop smoking. When you use the Online Wellness Toolkit, you first take a private Health Assessment to get a snapshot of your overall health. Based on the results, you can spot areas to focus on that will help you get the most out of the interactive toolkit:

- Use the Health Assistant to create a personalized goal plan based on your lifestyle, interests and schedule.
- Try our trackers to stay on top of your blood pressure, diet, exercise, tobacco use, even your mood.
- Have fun learning how to stay healthy with challenges, interactive quizzes, health information, videos and more.

To use the toolkit, register and log in at [anthem.com](https://www.anthem.com)

SpecialOffers

Saving money is good. Saving money on things that are good for you — even better. With SpecialOffers, you can get discounts on products and services that help promote better health and well-being. It's just one of the perks of being a member.

To check out special savings available to you, log in to [anthem.com](https://www.anthem.com).

The Weight Center

This helpful online collection of resources connects you to information on how to manage your weight, eat healthier and take care of your emotional well-being, so you can be your very best self. It includes links to helpful tools like a BMI calculator, the Weight Management Playbook, FitLife podcasts, plus even more articles and resources you can use at no cost.

To check out **My Weight Management Resources**, visit [anthem.com/theweightcenter](https://www.anthem.com/theweightcenter) and either register or log in to your account.

Ready to take that next healthy step? So are we!
Choose your program and let's get started on a healthy journey together.

