



Need help meeting your health goals?

Get the extra boost you need with these tools.

Get the most out of your benefits

Did you know you have the latest health and wellness tools and resources whenever you need them? That makes it a whole lot easier for you to stay on top of your health.

Excited? We are.

Just take a look at these resources available to you as part of your health benefits.

- **24/7 NurseLine:** Registered nurses are on call 24/7 to help you with everything from a baby's fever to allergy relief tips and can advise you on where to go for care.
- **Future Moms:** Nurses help moms-to-be follow a health care provider's plan of care, identify any risks, make healthier decisions during pregnancy and prepare for delivery. Future Moms with Breastfeeding Support on LiveHealth Online offers moms online visits with a lactation consultant, counselor or registered dietician through private and secure video using a smartphone, tablet or computer.
- **MyHealth Advantage:** When gaps or risks are identified, you'll get a confidential MyHealth Note, outlining specific actions you can take for better health and lower health care costs.
- **ConditionCare:** If you're dealing with a chronic condition like asthma or diabetes, you'll get one-on-one help from a health care professional. You'll learn easier ways to manage your health and reach your health goals.
- **Case Management:** If you have complex health issues, our care managers will work with you to stay on top of your health issues and navigate the health care system. Backed by a team of doctors, pharmacists, exercise physiologists and others, our care managers have the latest information and treatment options.
- **Shopper programs:** These programs can help you make informed decisions about care and costs for some of the common services and procedures you may need.
- **Online Wellness Toolkit:** Available on anthem.com, the Online Wellness Toolkit gives you resources you need to set and achieve your unique health goals. It includes a health assessment for identifying health risks, guidance for lowering those risks, personalized progress trackers and fun activities that promote healthier decision-making.

Need answers right away? Just reach out to us.

Have a question about a claim? Wonder how much you'll pay out of pocket for care? No worries. Just ask. You'll get the personalized support you need with Anthem Health Guide.

With Health Guide, you have access to highly trained professionals, who can walk you through the sometimes-confusing health care system. They can help you:

- Connect with programs and support covered by your plan.
- Stay on top of your preventive exams and screenings.
- Get answers to questions about a claim.
- Compare costs on health care services.
- Find doctors in your plan.

Want to chat? Reach out to a Health Guide by calling the number on the back of your health plan ID card. You can also send us a secure email or chat with us online. Just go to [anthem.com](https://www.anthem.com).