



Need a little ...

*or a lot of support for
your health condition?*



Either way, ConditionCare is here for you.

Managing an ongoing health condition isn't easy. And having a little extra help can make all the difference.

That's why we offer ConditionCare, a **no-cost health and wellness program** with tools, resources and support for members and their covered dependents with:¹

- Asthma (pediatric or adult)
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease
- Diabetes, types 1 and 2 (pediatric or adult)
- Heart failure



Signing up for ConditionCare is simple!

We'll call you or you can call us toll free at **866-962-0952**. When we talk, we'll make sure it's you, then we'll ask a few questions to figure out how best to support you and then invite you to join the program.

Once enrolled, you get:



24/7 access to a nurse care manager to answer health questions.



Educational resources, like email newsletters.

To really take advantage of the program, we encourage you to register on [anthem.com](https://www.anthem.com) and opt in for email communication.



ConditionCare doesn't replace your doctor. Instead, our clinical team members work with your doctor to help you follow your care plan and meet your health goals.



You and your covered family members can stay in ConditionCare as long as you keep your health plan and the program is offered.



The health information you share with ConditionCare clinical team members, your doctor and other health professionals is kept confidential and used only to develop your care plan. When we call, we'll always ask you to confirm your name and date of birth before talking about your health.



Save on medicine for your health condition

Healthy Actions is a program that works together with ConditionCare to help you get your medicine at a lower cost or even no cost. You need to be actively enrolled in a ConditionCare/disease management program — and not have moved or enrolled in another Anthem program to be eligible for Anthem Healthy Actions.² Call your nurse care manager to see if you qualify:

1. They can get you started by talking you through a simple survey about your health. The call shouldn't take more than 30 minutes.
2. Then, you and your doctor can talk about the medicines on the Healthy Actions drug list that are right for you. They can be filled through home delivery or at a retail pharmacy (may take 72 hours or so for your savings to apply).

To stay in Healthy Actions and keep getting the discount, you'll need to stay enrolled in the ConditionCare program and answer some questions about your condition one or more times throughout the year.³

**Want to know more?
Ready to take the next step?**

Call 866-962-0952 today!



¹ Programs and the conditions included are subject to change. They may be added or removed as the needs of the population change.

² You must be actively enrolled in only the ConditionCare/Disease Management program and not moved or enrolled in another Anthem program to be eligible for Anthem Healthy Actions.

³ You must answer one fundamental clinical assessment question with an Anthem clinical team member to continue to be eligible for the program on a rolling calendar year basis.