REACH YOUR HEALTH GOALS WITH THE RIGHT RESOURCES

Achieving a healthy lifestyle takes more than great health care–it's also about having the support and resources you need to reach your goals and improve your overall well-being. Anthem Blue Cross offers convenient access, special health and wellness programs and a variety of valuable tools to help you stay healthy through all the stages of your life.

LiveHealth Online

Feel better faster with LiveHealth Online. Have a one-on-one video consultation with a board-certified doctor or licensed therapist on your smartphone, tablet or computer. A doctor will assess your condition, give medical advice and send prescriptions to the pharmacy of your choice. Skip the appointments and long wait times–sign up online or use the free mobile app to access.

Anthem Anywhere

Manage your health care anytime, anywhere from your phone, tablet or computer with the Anthem Anywhere App. You can find a doctor, print an extra ID card, view your claims, review your benefits information and estimate costs–all in one convenient location! Plus, you'll have access to your mobile Health Record to share with your doctors whenever you go.

24/7 Nurseline

Whether it's 3 a.m. or you're out and about and can't get to the doctor's office, you can talk to a registered nurse any time, day or night. Experienced nurses can help you determine the best action to take, evaluate treatment options and decide if a doctor visit is necessary. Get the answers you need instantly by calling 800-337-4770.

ConditionCare

If you have asthma, diabetes, chronic obstructive pulmonary disease (COPD), heart disease or heart failure, and other chronic conditions, ConditionCare can give you the tools and resources you need to take charge of your health. Talk to nurses 24/7, access educational guides about your condition and get support from dietitians and other health care professionals who are dedicated to helping you reach your goals. To access ConditionCare, call 866-962-0957.

Future Moms

Baby on board? Congratulations! Having a baby is an exciting time, but it can also raise lots of questions. Future Moms can provide the answers you need and help you have a smooth pregnancy and a healthy baby with various resources and support to prepare for your new addition. You can talk to a nurse specializing in obstetrics anytime and access pharmacists, nutritionists and other specialists if needed. Call 800-828-5891 to sign up!

Questions?

Anthem Blue Cross is here to help. Visit **www.anthem.com/ca** or call the number on your medical ID card.

LOGO PLACEMENT