USE YOUR BENEFITS WISELY WITH HELP FROM ANTHEM

We are committed to offering you comprehensive and competitive benefits that allow you and your family to live well. At the same time, we ask that you make informed health care decisions. Anthem BlueCross BlueShield offers a variety of tools, resources and programs to help you get affordable, quality care for you and your loved ones.

Secure Member Website

Anthem's secure member website, www.anthem.com puts online tools and information at your fingertips around the clock to help you make educated health care decisions and manage your benefits. When you log on, you can:

- Check your benefits, including what your plan covers and how much you might pay for care
- Find an in-network doctor in your area
- Compare the cost and quality for common health care procedures
- Check the status of your claims
- Refill your prescriptions
- Get discounts on health-related products and services
- Manage your health care accounts

Online Tools & Resources

The tools and resources available on www.anthem.com can assist you in using your health plan and making informed health choices by providing access to:

- **Estimate Your Cost**: Compare the cost and quality for more than 370 common health care procedures at local area hospitals and outpatient facilities. Quality measures include procedure volume, mortality/complication rates, average length of stay and patient safety compliance standards.
- **LiveHealth Online**: Get health care advice from U.S. board-certified doctors 24/7 for non-emergency medical conditions such as allergies, cold/flu symptoms, fever, sinus infections, pink eye and more. You can even get a prescription, if needed. This resource is available via phone, video or app.
- **SpecialOffers**: Access more than 50 discounts on vision, hearing, fitness, family, home, medicine, treatments and other well-being products and services, such as Weight Watchers and WINFertility.

24/7 Nurseline

You and your family have unlimited, 24-hour toll-free access to a team of registered nurses experienced in providing information on a variety of health topics. Use this service to choose the right providers, understand treatment options, manage chronic conditions and more. Call the number on your medical ID card to get in touch.

Future Moms Maternity Program

Having a baby? Congratulations! To help you reduce the risk of complications during your pregnancy, the Future Moms program gives you access to personalized support and assistance from registered nurses. You will also receive a booklet in the mail with tips to help keep you and your new baby safe and well.

Anthem anywhere Mobile App

Access your benefits on the go with the Anthem Anywhere mobile app, available in the Apple App Store and Google Play. You will be able to:

- See your benefits
- Find a doctor in your area
- Get your medication
- Access wellness discounts
- Estimate your costs
- Manage your health care accounts

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Comprehensive medical Management

Find and receive the right services and care for your condition with help from Anthem's Comprehensive Medical Management Program. Features include:

- **Utilization Management**: Receive pre-certification for medical procedures and hospitalization to authorize care and align medical services with your benefits
- **Behavioral Health**: Access immediate and longer-term mental health management and information
- **Cancer Care Quality**: Get connected with quality, affordable cancer care
- **Case Management**: Talk with registered nurses via telephone or video for advice and support following a major hospitalization or procedure due to illness or injury
- **Integrating Imaging Solutions**: Receive guidance for high-tech imaging such as MRIs, MRAs, PET and CT scans and more
- **Sleep Management**: Be a part of a clinically appropriate sleep study
- **Cost and Quality**: Get alerts on lower-cost options for imaging, sleep studies and surgical services in your area

ConditionCare

If you have asthma, coronary artery disease, chronic obstructive pulmonary disease, diabetes or heart failure, the ConditionCare program connects you to educational materials and health coaching to help manage your condition. Quality, cost-effective care is also available for members with end-stage renal disease.

Online Wellness Tools

Achieve your wellness goals with help from Anthem! When you log into www.anthem.com, you will have access to the Online Wellness Toolkit, which includes:

- A Health Assessment that will help you identify your health risks
- Guidance in lowering your risks
- Personalized trackers to monitor your progress
- Fun activities and challenges that promote healthier decision-making

Questions?

Go to www.anthem.com or call the number on your medical card to access these programs, tools and resources.

This communication is intended to provide you with highlights of services provided by our insurance plan administrator. It is not intended to address all details. For further details on these services, please contact the plan administrator.