

Need a little ...

or a lot of support for your health condition?



Let ConditionCare be your wellness guide

Managing an ongoing health condition isn't easy. And having a little extra help and encouragement can make all the difference. That's why we offer ConditionCare, a **no-cost health and wellness program** that provides tools, resources and support to members and their covered dependents with:*

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

If you or a loved one under your insurance plan has any of the conditions named above, you can participate at no extra cost.

Signing up for ConditionCare is easy!

We'll call you or you can call us toll free at the Member Services number located on your ID card. When we talk, we'll verify your identity, ask you a few questions about your health and invite you to join the program.

Once enrolled in ConditionCare, you get:



Educational resources, like email newsletters.



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



Depending on your health, you may be asked to complete a health questionnaire. Your answers will help us figure out how to best support you.



Then, we'll put you in touch with a nurse care manager, who'll provide guidance on reaching your health goals. He or she will also follow up periodically to offer encouragement and advice.

To really take advantage of the program, we encourage you to register on anthem.com and opt in for email communication.



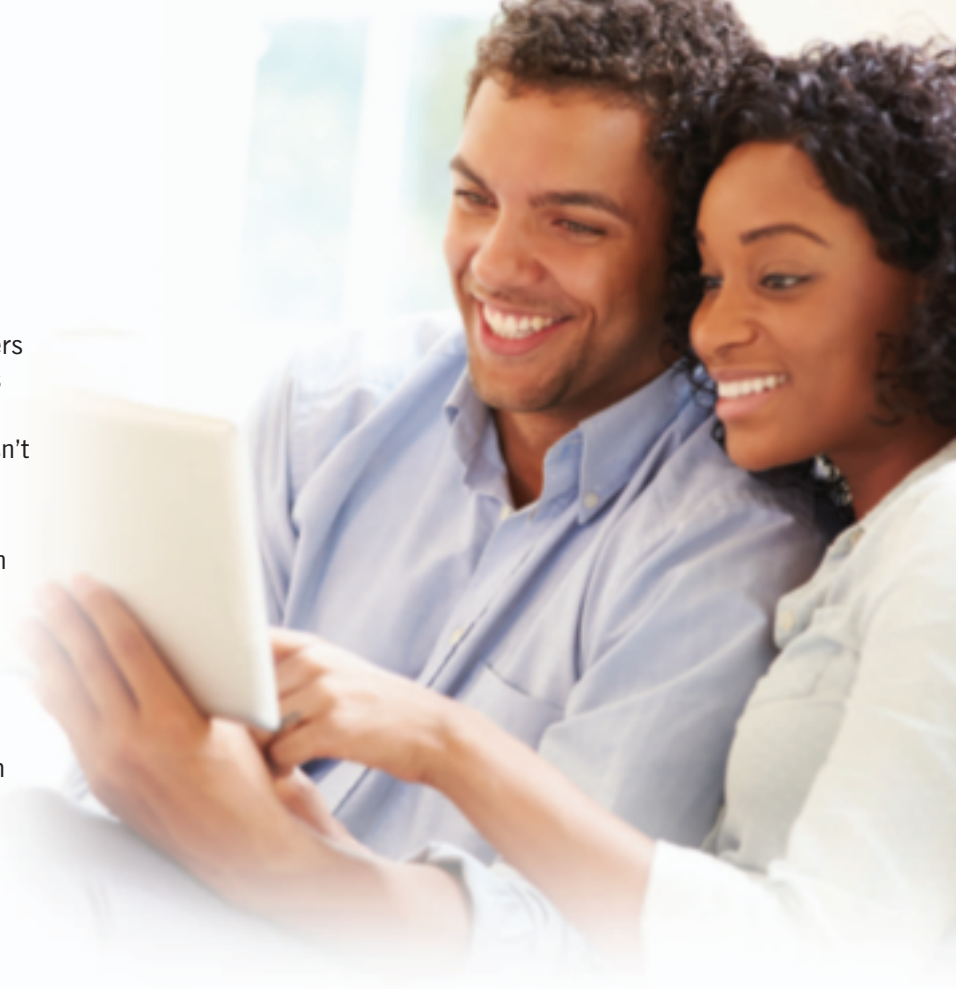
ConditionCare doesn't replace your doctor. Instead, our nurse care managers work with your doctor to help you follow your care plan.



You and your covered family members can stay in ConditionCare as long as you keep your health plan and the program is offered. Taking part doesn't affect your monthly payments.



Please note: The health information you share with ConditionCare nurse care managers, your doctor and other health professionals is kept confidential and used only to develop your care plan. Plus, every time we call, we'll ask you to confirm your name and date of birth before talking about your health.



We're here to help
Call ConditionCare at the Member Services number located on your ID card today!



Anthem Blue Cross and Blue Shield is the trade name of: In Colorado: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. In Connecticut: Anthem Health Plans, Inc. In Georgia: Blue Cross and Blue Shield of Georgia, Inc. In Indiana: Anthem Insurance Companies, Inc. In Kentucky: Anthem Health Plans of Kentucky, Inc. In Maine: Anthem Health Plans of Maine, Inc. In Missouri (excluding 30 counties in the Kansas City area): RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. In Nevada: Rocky Mountain Hospital and Medical Service, Inc. HMO products underwritten by HMO Colorado, Inc. dba HMO Nevada. In New Hampshire: Anthem Health Plans of New Hampshire, Inc. Anthem Health Plans of New Hampshire, Inc. HMO plans are administered by Anthem Health Plans of New Hampshire, Inc. and underwritten by Matthew Thornton Health Plan, Inc. In Ohio: Community Insurance Company, Inc. In Virginia: Anthem Health Plans of Virginia, Inc. trades as Anthem Blue Cross and Blue Shield in Virginia, and its service area is all of Virginia except for the City of Fairfax, the Town of Vienna, and the area east of State Route 123. In Wisconsin: Blue Cross Blue Shield of Wisconsin (BCBSWI), underwrites or administers PPO and indemnity policies and underwrites the out of network benefits in POS policies offered by CompCare Health Services Insurance Corporation (CompCare) or Wisconsin Collaborative Insurance Company (WCIC). CompCare underwrites or administers HMO or POS policies; WCIC underwrites or administers Well Priority HMO or POS policies. Independent licensees of the Blue Cross and Blue Shield Association. ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.