

Anthem Comprehensive Health and Wellness Resources



Care Management

- 24/7 NurseLine
- Future Moms
- ConditionCare
- ComplexCare
- Comprehensive Medical Management

Online Tools and Resources

- MyHealth@Anthem
 - Healthy Lifestyles Program
 - MyHealth Record
 - Condition Centers
 - Online Community
- Specialoffers@Anthem
- AudioHealth Library

Register and Log In at www.anthem.com or call
Member Services at
1-800-933-8415

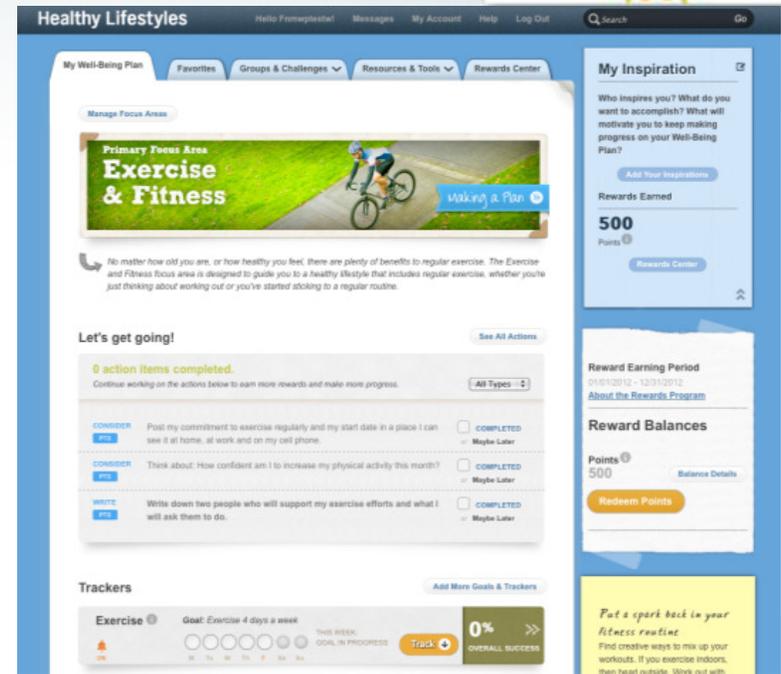
Anthem Healthy Lifestyles Program



- A private Health Assessment Tool (HAT), called “Well-Being Assessment” that is used to build a well-being plan

- Access to coaching tools and resources to help you improve your health and make positive changes

- For additional assistance, call Anthem Customer Service at 1-800-933-8415 or visit http://admin.state.nh.us/hr/flexible_spending.html for step by step instructions and screen shots, a worksheet to help complete the assessment, frequently asked questions about the HAT and Health Reimbursement Arrangement



Health Reimbursement Arrangement



If you are an active employee subscriber on the health benefit program, you will receive a \$200 Health Reimbursement Arrangement (HRA) for calendar/benefit year 2013 when you complete your Health Assessment Tool. The HRA is eligible for medical and pharmacy copays and POS deductible and co-insurance

For a two minute video about the Anthem 24/7 Nurseline, Visit www.anthem.com/nurseline_video/

Anthem 

24/7 Nurseline
Provides members toll-free access to registered nurses any time - day or night

- 24/7 access to a registered nurse coach
- Seamlessly integrates with our comprehensive suite of preventive care programs and wellness initiatives
- Medical decision making and general health issues

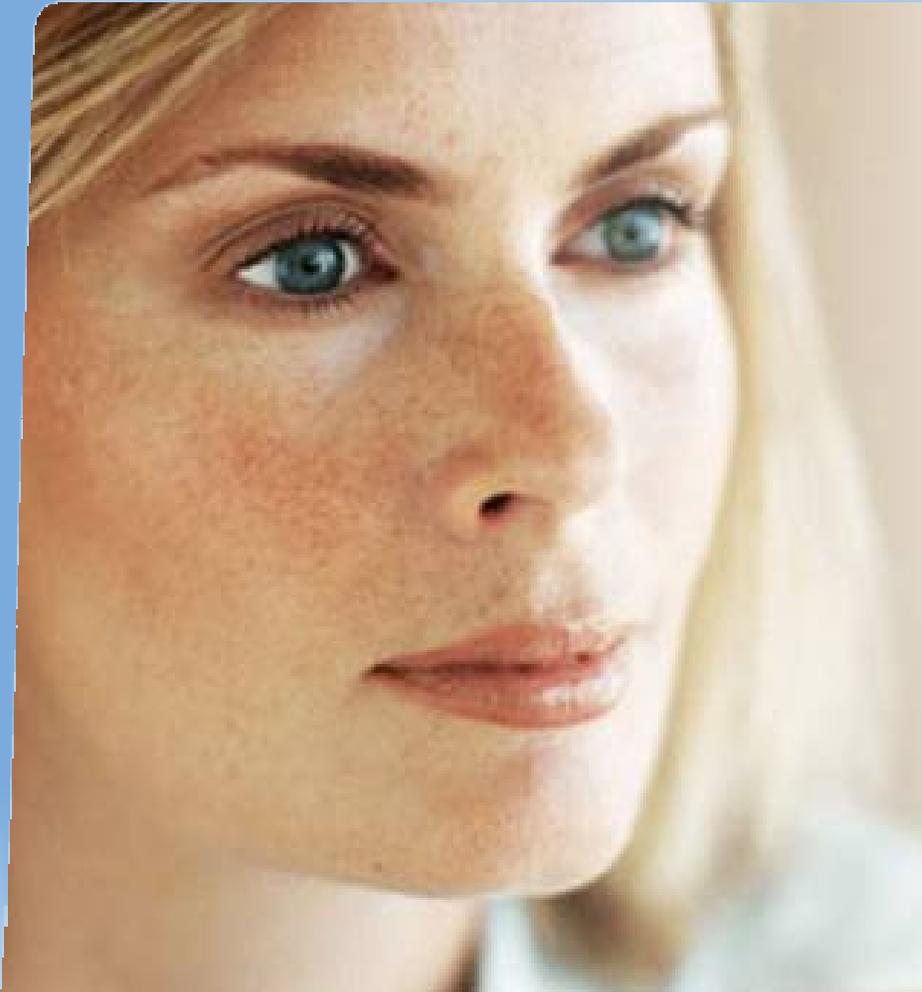


24/7
Nurseline

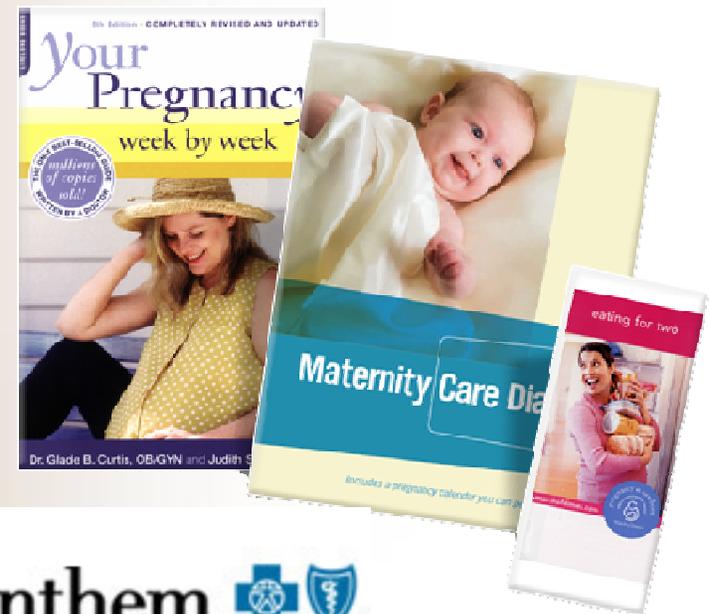


Call 1-800-544-1901

For a two minute video about the Anthem Future Moms Program, Visit www.anthem.com/futuremoms_video/



Future Moms
Provides expectant moms with personal support to help promote a healthy pregnancy and delivery



Anthem 

Call 1-866-347-8360

For a two minute video about the Anthem ConditionCare Program, Visit www.anthem.com/conditioncare_video/



ConditionCare Help members manage the following conditions

- Asthma
- Diabetes
- CAD
- COPD
- Heart Failure

Call 1-866-596-9812



Ready to make your Action Plan?

Your Action Plan is based on where you are. You base these on your symptoms and your peak flow.

With some you are in a green zone. In a yellow zone you need to use an inhaler every day and get help. In a red zone you need to use an inhaler every day and get help. In a red zone you need to use an inhaler every day and get help.

GREEN ZONE	YELLOW ZONE	RED ZONE
<p>1. I have no or a few symptoms, cough, wheezing or chest tightness. I can do my usual activities.</p> <p>Peak flow is 80% or more of my personal best. I feel fine.</p>	<p>1. I'm coughing or wheezing more than once a week.</p> <p>2. My symptoms keep me up at night.</p> <p>3. I have to use my inhaler more often than usual.</p>	<p>1. I'm having a hard time breathing.</p> <p>2. I can't do my usual activities.</p> <p>3. My symptoms are worse than usual.</p>
<p>• Take _____ inhaler every day.</p> <p>• Use _____ inhaler as needed.</p>	<p>• Take _____ inhaler every day.</p> <p>• Use _____ inhaler as needed.</p>	<p>• Take _____ inhaler every day.</p> <p>• Use _____ inhaler as needed.</p>

Your diabetes care checkups

Take an active role in your diabetes care each day to control your health. Team with your doctor and Nurse Coach to learn how to best take care of yourself and manage your diabetes. You can call your Nurse Coach 24 hours a day, 7 days a week. Use the toll-free number listed on your welcome letter and program magnet.

Here are the following information available:

- Your A1C test results.
- Your blood pressure and cholesterol levels.
- Your goals for managing your blood sugar, including how often you should test your blood sugar.
- Details of any problems with high or low blood sugar.
- A list of the medicines you take, including those for other health problems.
- Results of recent blood, urine or other tests.
- Details of any diet, exercise or other lifestyle changes.
- Any changes to medicines or treatments.

Recent and Upcoming

Recent and Upcoming

Members have access to a registered nurse 24/7

Anthem ComplexCare

Assists members with
complicated medical
cases

Call 1-800-933-8415

- **Proactive member identification and engagement**
- **Greater understanding and control of health conditions**
- **Helps reduce absenteeism, condition-related disability, hospitalizations and ER visits**

Members have access to a registered nurse 24/7

Anthem Worksite Wellness Services

Collaborates with State of NH Wellness Program and agency wellness coordinators. Provides free wellness workshops*, blood pressure and body mass index screenings, flu clinics

- **Help members take an active role in their health**
- **Behavior change resources and tools**
- **Conveniently located at the workplace**
- **Available to all employees regardless of location**

*Seminars cover Healthy Lifestyles, 360 Health Programs, Blood Pressure, Heart Health, Diabetes, Cancer Prevention, Stress in the Workplace, Healthy Aging, and Healthy Holidays

Call 1-603-695-7559